

The Highlands Communicator

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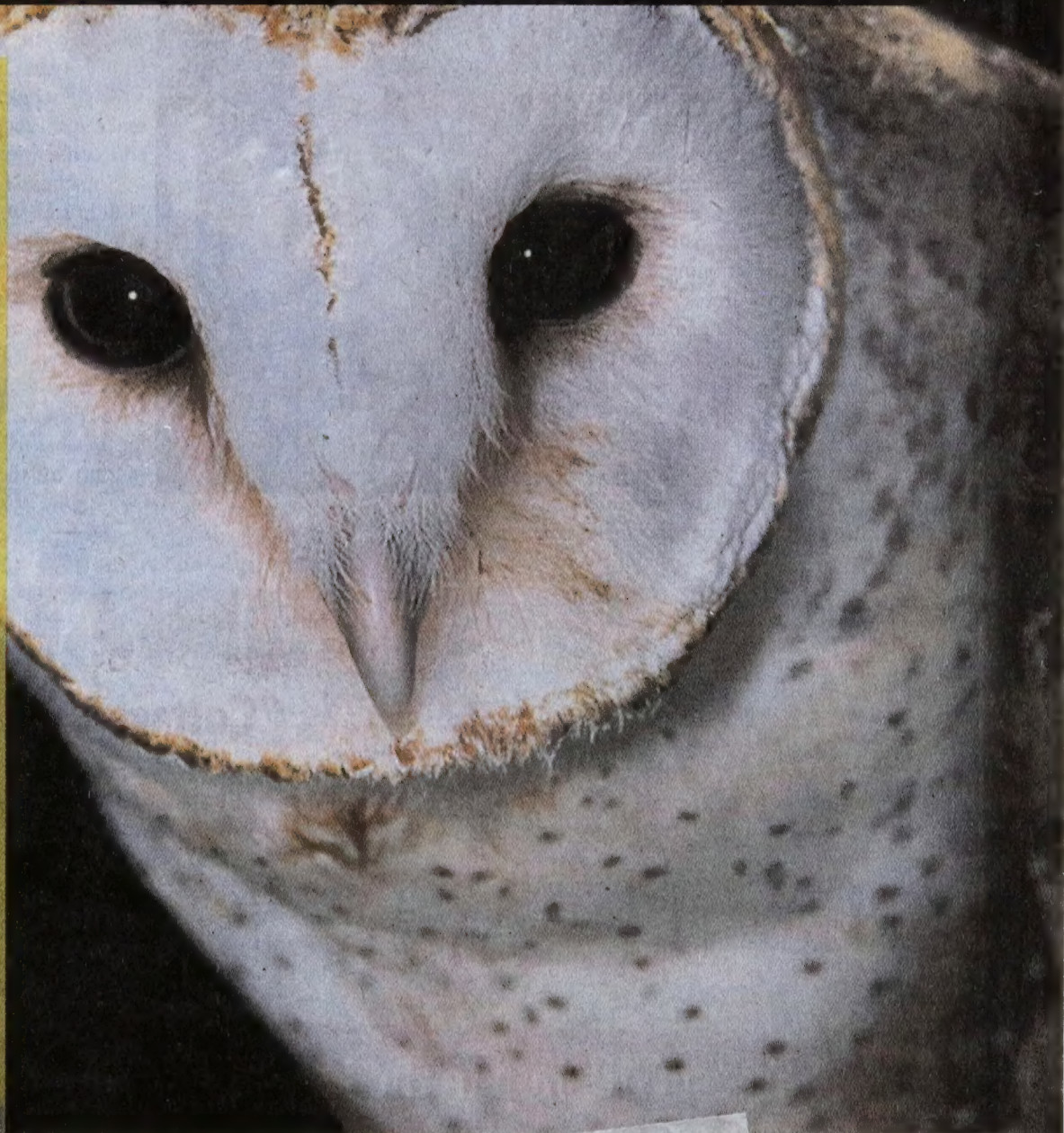
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New Owner of Pinestone Resort & Conference: Meet The Man - Darko Vranich

"...I know how important the Pinestone is to this community and I'm not going to let them down."

Darko Vranich, the new owner of the Delta Pinestone, has a very clear vision of the 30-year-old Haliburton institution's future. However, unlike many of the Pinestone's previous owners, Vranich has the means, the determination, and the experience to ensure his vision is realized.

"You know, I almost don't know where to start," Vranich confessed with a laugh. "There is so much renovation to do. Almost everything needs to be upgraded if not replaced. The accommodations, air conditioning, furnishings, linens, the lighting, the carpets – it's a pretty long list. And in addition we're going to build 54 new units, expand the conference and banquet facilities, improve the pro shop and the restaurants, and the golf course itself. We're looking at least a couple of years of work."

Vranich also has plans to build 60 or so condominiums on the property once the first expansion phase is completed. But for the next year the priority

will be to increase the resort's existing capacity. For years the Pinestone has had the ability to host medium-to-large conference groups, but hasn't had the capacity for the really large conventions that are the most lucrative. At the same time it's been seen as too big to be able to survive the seasonal nature of Haliburton's hospitality business. But Vranich is determined to turn that around and make the Pinestone into a year-round family and convention destination.

"Somehow, I just love it here," says Vranich. "I didn't know the area at all until I heard the property might be available, but I'm delighted that my company's here and that we have a stake in the area. And we're going to make it all work, for sure." Although he still resides in Oakville with his family, Darko says he plans to be in Haliburton as much as possible – not only to oversee the improvements – but enjoy what the area has to offer. "It's so relaxing here. I fell in love with the area the minute I arrived."



Pinestone cont'd... pg. 3...

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Darko's Plans Will Benefit The Area - Increasing Year Round Tourism & Beautifying A Landmark

... from pg. 2

Darko Vranich immigrated to Canada as a 20 year old from his native Croatia and immediately joined his uncle in the Welland-Thorold area outside of St. Catharines. "My uncle had a small restaurant, and as soon as I arrived I went to work for him as a waiter and bartender. I don't know why, but I really fell in love with the business and I can remember promising myself, and my uncle, that some day I would own my own hotel. And sure enough, by 1977, I had my first property, a small hotel in Welland."

From those humble beginnings Vranich's companies, Vrancor Hospitality and Vrancor Management have become highly successful hotel developers with properties all across the GTA as well as in Muskoka. And over the years he's managed to bring his parents to Canada, as well as his brother and even his grandmother, now a spry 94. "Canada has been so good to me," says Vranich, "what better country can there be?"

Darko Vranich also has the true entrepreneur's knack of seeing a business opportunity where others might only see failure. A number of years ago he noticed that many of the old, traditional taverns in the downtown areas of many southern Ontario cities and towns were being boarded up, or run into the ground. He quietly began to acquire many of the properties made significant upgrades, turning the old draft halls into country and western bars that have been highly successful.

By the early 1990s Vranich had bought a Howard Johnson in Oakville, followed shortly by a Holiday Inn acquisition in Bronte. Soon he began to build Hilton Garden Inns, the latest Hilton hotel brand. He recently opened a 133-room Hilton Garden Inn in Ajax, has Holiday Inns underway in both Huntsville and North Bay.

His latest baby - The Pinestone Inn & Conference Centre - will continue to be managed by Delta under a 10-year contract. "But I'm committed to this area and to this project. I've been so impressed by how we've been treated here, and I know how important the Pinestone is to this community and I'm not going to let them down."

Vranich is a very hands-on owner, and is already spending considerable time in Haliburton organizing the first phase of the renovations. In conversation with him you get the strong impression of commitment, determination, and confidence. And besides which, Darko Vranich really enjoys a good game of golf, which is just another reason to spend some quality Haliburton time.

The sale of the Pinestone to Darko Vranich is potentially a very exciting move, not just for the resort itself, but for the entire Haliburton community, and it also sends out a very positive message about the future of the local hospitality industry. This past winter has been a difficult one for most sectors of the Haliburton economy, which makes Vranich's commitment even more welcome.

Darko looks forward to meeting people in the area. His dreams will definitely be felt by all in the community and he is a man that will be around for a long time in Haliburton County. "I have the money, and the determination to commit to this project," says

Darko. "I'm very excited and I can't wait to get started."

Some of the changes will be noticeable to all who pass the Pinestone on County Rd. 21 - Darko plans to bring in a very high end landscaping company and give the outside a new look. And wait to see what he has

planned for the inside lobby area!!

If you have the pleasure of meeting Darko Vranich as we did, be sure to introduce yourself. Trust me, he won't bite. Quite the opposite as a matter of fact. Darko is one of those people that once you talk to him, you walk away with a good feeling as well as a few good stories!! He's a business man who has worked his way up the ladder through hard work, determination and good business sense and these are attributes that he is bringing here to Haliburton County and these are attributes that Haliburton County welcomes. It is perhaps because he is so positive and full of energy, that you just can't help but smile when he's around you.

Welcome to Haliburton County Darko! See you on the golf course!!

Oh, and as for this story - this is the beginning of a new chapter - what lies ahead is another story we will be bringing you from time to time as the development of the new and improved Pinestone emerges.... **This story is TO BE CONTINUED...**

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Garbutt Disposal

Spotlight

On Business

by George Farrell



Taking Care of Your Garbage since 1970

There has been, and will continue to be, a great many stories written about the local situation concerning waste management. As our county and municipalities continue to grow in population, the suitable locations for land fill sites remains constant, and so the necessity for efficient waste management becomes increasingly important.

Although this situation can be seen as a problem that needs to be rectified politically, it is also up to individuals to do their best to try and help. Businesses too need to be aware of how best they can help in the area of recycling, and compacting their wastes.

There is some immediate relief out there. Garbutt Disposal is a family-owned operation that supplies residential and commercial garbage collection. Garbutt has a sister company called Highlands Recycling, which deals with, you guessed it, recycling. To find out more I spoke with the father and son team of Jim and Jay Garbutt.



Jim Garbutt started cottaging in the Highlands with his family when he was only two years old, in 1948. The family was located in Toronto, and some years later in 1969 Jim and his wife Nancy decided to move from the city to the Minden area. In Toronto Jim was involved in liquid waste management. After the move to Minden he was quick to see the need for solid waste management and he has been involved in that area ever since. Nancy has been the book keeper and office manager since they started up business in the county in 1970. The Garbuts have 4 children, all adults now, Dan and Jay and daughters Dianne and Janene. Jay has been

working with Jim for the last 18 years.

"With so much new development and commercial usage, the added population has increased the need for our services," Jim commences. "We do residential and commercial garbage collection, and we charge an annual residential fee for pick-up. Our biggest business is the commercial bins, like you see at the back of places like the beer store," he explains. "In 1988 we started the container and bins service. Prior to that it was all hand pick-up, which was labour intensive. We expanded in 2003 and purchased Highlands Disposal, which was a competing waste disposal service, and at the present time we are the only waste disposal service in the county," he says. The Garbutt Disposal service ranges as far afield as Dorset, Bancroft, Fenelon Falls and Bobcaygeon, and all points in between. "We have 5 disposal trucks in operation and in

excess of 100 bins. At the present time we have 7 full time employees working for us," says Jim. "We take garbage to the appropriate land fill sites and we deposit it in the proper locations in those sites," he continues. "We provide specific recycling containers to a number of commercial businesses, like drug stores," who have a lot of cardboard and fibre waste that can be recycled."

On the topic of recycling Jim Garbutt is passionate. "We've had our own fibre and cardboard recycling facility since January of

Garbutt cont'd... pg. 5...

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Forever in our Hearts...
Roberta Welsh - Feb 12/06
Chuck Irvine - Feb 3/02

Regular Columnists: Donald Lange; Brenda Peddigrew; Marci Mandel; Greg Roe

Special thanks to Eddie Lehman, Karen Barter, April Lauricella; Cindy Munzel, Fred & Shirl, Jon Darnewald, Lisa Robertson, and all the other people who send in funny stuff - keep us laughing!!

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Garbutt's Also Operate Highlands Recycling: Very Few People Know That Haliburton County Has A Recycling Plant

... from pg. 4

2006," he explains. It's called Highlands Recycling. "But very few people know about it because it's not a place where the public can take their recyclables. At the present time the only township that uses our recycling service is Minden Hills. We pick up all the cardboard from the Minden Hills land fill sites and we bring it to our recycling site in Lochlin, where we compress and bail it. All the cardboard from our commercial recycling containers is taken to the same site. We then ship it all out through a brokerage firm who send us a 53 foot trailer, and it's finally delivered via the trailer to the appropriate recycling end-market client. So what we provide is a recycling option-especially for commercial customers."



Without the Garbutt services all residential and commercial garbage would represent a much bigger mass of garbage for the already over-burdened land fill sites. "All our residential and commercial garbage is compacted in our packer trucks, which saves at least 60% space-wise in the landfills, as compared to loose garbage," Jim expounds.

Jim and Nancy are reaching that age where most of us are thinking that a change is in order. "Nancy and I have been talking of slowing down for a number of years and finally as of January of this year the business was sold to Jay," Jim explains, "but we're still here to help Jay through the transition period." Surely that transitional help is one of the great advantages of a family owned operation.

Jay Garbutt was born and raised in the Minden area and is married to wife Deanna. They have 3 kids; a girl Cassidy, who is 9, and boys Dylan 5 and Devyn 3. Like Nancy before her "Deanna does all the book work." Jay says, "I still drive trucks and do the general manager thing - there's a lot of organizing. The biggest thing is despatching our trucks to the proper jobs and making sure our customers are happy. Getting to some job sites is really hard in the winter - some of the cottage roads are so small and narrow," he says, by way of explaining what constitutes a major problem that he has to deal with on a day-to-day basis, in the winter months.

Like Jim, Jay is high on recycling. "We plan to do more recycling by implementing more of the big plastic carts on wheels that we use at locations like the schools, hospitals, and Extendicare in Haliburton," he says. "The plastic carts are containers for cans, bottles and plastics. We have a contract with Minden Hills to pick up their recyclables and transport them to Muskoka Containerized Services in Bracebridge. We've been expanding every year," Jay continues, "and we're definitely going to need to expand some more to keep up with the demands of the growing population," he concludes.

At the Lochlin site of Highlands Recycling, still owned by Jim, he



talks of recycling. "Highlands Recycling works hand in hand with Jay and Garbutt Disposal." In plain view at the facility stand the cardboard compactor and the finished bails, ready for shipping. He explains how much more recycling could be done through this facility and the question of why the waste management nabobs in our county aren't taking better advantage of the option presented by Highlands Recycling, hangs in the air like the clouds overhead.

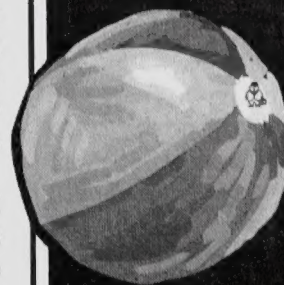
Garbutt Disposal offers a full container service for all disposal needs; from roofing to renovations, yard cleanup, real estate, recycling, and any other type of disposal you may need. For more information on the business and services call (705) 286-1843.

Pictured: Jim and Jay Garbutt stand with one of their trucks. Also pictured is Jim at the Highlands Recycling depot and The cardboard compactor - Cardboard bails await transport

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The Buckslide Garlic Guy

"I think I must have made a mistake," says Charlie Robb, garlic farmer extraordinaire, known locally as 'The Buckslide Garlic Guy'. "I was supposed to stop at 7000 bulbs, which was last year's total, but I guess my hands just wouldn't stop working. So now we have 8000 bulbs sleeping in the woods, just waiting for the spring to start to grow."

Charlie and Sheila Robb have grown world-class organic garlic on their 27-acre property on the Buckslide Road for the past 13 years, and their crop has sold out every year, most of it in advance. Back in the 1990s they met up with Canada's King of Garlic, the famous Ted Maczka, also known as the Fish Lake Garlic Guru. They bought a few cloves of Ted's famous crop, known as the F3 variety, and soon were well on their way. Charlie now produces enough garlic that he only plants cloves that he's developed himself. "It takes at least two to three years to get a really good crop," he says, "and you have to be extremely vigilant with your soil. There's no real substitute for preparing the soil using spade and fork, the old fashioned way."

Charlie's garlic bulbs make for fabulous eating, and cooking, and bear almost no resemblance to the mass-produced variety found in the grocery store. Last year Charlie and Sheila, active members of the Haliburton County Farmers Association, helped host a Garlic Workshop with Ted Maczka. Through that workshop Charlie estimates that about a half-dozen gardeners decided to make their own garlic gardens, and right now are anxiously awaiting the appearance of their first bulbs. "This year I'm going to make a few presentations myself," says Charlie, "along with Ted. We've had so much experience in growing garlic in this climate that I want to make sure we pass it on."



Garlic Workshop Taking Place April 11th

This year's Garlic Workshop will take place on Wednesday, April 11th at 7pm sharp at the Minden Community Centre, Room 2. Admission is by donation, and some special garlic refreshments are provided. This is a great opportunity to learn about this wonderful food, and socialize with fellow gardeners and farmers as well.

This summer Sheila Robb will also be continuing to offer her own organic vegetables from their property from late June through the summer. For further information, and

to pre-order your garlic braids for this fall, please call Charlie or Sheila Robb at 705 489-4201, or email at sheila.robbsympatico.ca. The Robb's gardens are located at 1574 Buckslide Road, off Highway 35 opposite Hall's Lake, and they're open to visitors during the summer months.

**See next page for some tasty Garlic
Recipes compliments of Sheila Robb...**

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Garlic Lover's Recipes...

Garlic Feta Spread

Recipe courtesy from Don Crock's recipe collection and the Garlic News

Ingredients:

- | | |
|------------------|--------------------------------------|
| 2 cloves garlic | 200 grams irm feta cheese |
| ¼ cup mayonnaise | freshly ground black pepper to taste |

Method: Mince garlic in food processor. Add feta cheese and process until cheese is a fine powder. Add mayonnaise and pepper. Blend well. The recipe can be altered to suit your taste buds by increasing or decreasing the amount of garlic. Serve it on crackers, celery, endive, raddichio, sandwiches, toast – just about everything. The addition of dill is a great taste companion and for special occasions add smoked salmon to the creation. Warning – it is addictive.

Ingredients:

- ½ cup dry bread crumbs
- 6 boneless chicken breasts
- 1/3 cup grated Parmesan cheese
- ¼ cup butter
- 2 tbsp parsley

- 2 cloves garlic, minced
- ½ tsp salt, optional
- 2 tbsp lemon juice
- 1/8 tsp pepper
- ¼ cup milk
- paprika

Method: Put first 5 ingredients in a plastic bag. Dip chicken in milk then shake in the crumb mixture. Place in 13x9x3 pan. Combine melted butter, garlic and lemon juice. Drizzle over chicken, sprinkle with paprika. Bake uncovered at 350 degrees for about 30 minutes.



Garlic Lovers Chicken



Recipe courtesy
of Sheila
Robb

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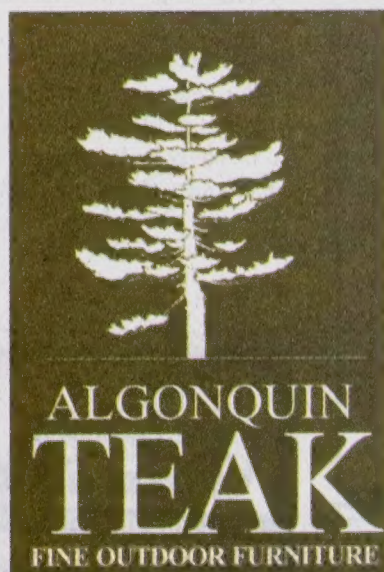
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R.D. Lawrence Place: Construction Begins in April!!

Background: In 2006, Sharon Lawrence offered the literary estate and artifacts of her husband - renowned author, journalist and naturalist R.D. Lawrence - to the Minden Hills Cultural Centre. "We were absolutely thrilled at the opportunity to receive this fascinating collection and to work with Sharon," says director Dianne Graham, "but we had several challenges to consider. As in most museums, space is at a premium, so we needed to come up with the best way to safely house the artifacts and then showcase them in a fun, interesting way. We learned about the Sustainable Building Program at Haliburton's Fleming College and, not only did it offer an opportunity to acquire an environmentally-friendly building at an excellent price with no labour costs, but it fits perfectly with the philosophy of R.D. Lawrence. We think this building will truly honour his legacy." Minden Hills

Council gave the go-ahead for the building in January and work to create **R.D. Lawrence Place** has moved into high gear.

Who was R.D. Lawrence?

He was a university-trained biologist, an environmentalist and author of more than 30 books published in 26 countries in 15 languages. Every book he wrote was about Canada, its people, its animals and its environment. For more than 25 years, R.D. and his wife Sharon lived in Haliburton County and welcomed 10,000 visitors from around the world to the nature sanctuary they established. Ron was a mentor who regularly visited schools and inspired children with his talks. He was instrumental in the creation of The Wolf Centre at Haliburton Forest and welcomed opportunities to share his knowledge and philosophy with others.



What will R.D. Lawrence Place Be?

Nestled into the trees at the entrance to the museum grounds, it will provide a year-round tourist attraction; fun, interactive

displays; opportunities to learn about nature and conservation; a unique opportunity to see and experience sustainable building features; a gathering place for receptions, events and workshops; easy access to a nature trail and on-site labyrinth

This building will enhance awareness of Haliburton County on an international basis and entice those readers who have loved the books of R.D. Lawrence for thirty years. Our goal is to inspire a love of reading and writing through a wide variety of activities that reflect his work and philosophy.

A sustainable building?

This beautiful 1900 sq.ft. building will be constructed by 26 students of Fleming College who are coming from across Canada to discover and apply the latest in sustainable building techniques. Construction begins on April 23rd and visitors are welcome to come and watch as the building grows. Professor

R.D. Lawrence cont'd.... pg. 9...



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R.D Lawrence A Remarkable Man - You Can Help Build The Dream

Chris Magwood advises that "the building will feature straw bale insulation, solar panels, new waste technologies, solar thermal heating, sustainable wood products, recycled materials, composting toilet, indoor wetland for water treatment and many environmentally-friendly features to provide a healthy, energy-efficient environment. For those that want to learn a little more, tours will be provided on Thursday afternoons throughout the summer".

Nature can be the salvation of mankind if we ever come to understand its workings.

R.D. Lawrence

Explore, Discover, Dream, Write
R.D. Lawrence

Please Help Our Dream become Reality! Buy a Bale!

We truly appreciate the trust Minden Hills Council has displayed and their investment in this exciting project, but we also need the support of the community to make our dream become the best it can be! One way you can be part of R.D. Lawrence Place is to buy one of 500 straw bales we need for the insulation. Buy a bale for \$10 and your name will go in our commemorative book and on our straw bale display in the Cultural Centre. Purchase your bale at the Cultural Centre, Minden Hills Township office, CANOE-FM in Haliburton or contact one of the Friends of R.D. Lawrence.

How to find us.....

Take the Bobcaygeon Road exit from Highway #35 through town and over the Gull River bridge. Continue for ½ km to the corner of Parkside. Ample parking.

Many thanks to the Friends of R.D. Lawrence for their enthusiasm, dedication and expertise!

Sharon Lawrence, Pauline Johnson, Marci Mandel, Sally Moore, Steve Smith, Peter Oyler, Llara Oyler, Tammy Rea, Bill Obee, Cheryl Murdoch, Hugh Taylor, Staff - Carol Simmons, and Laurie Carmount.

Donations for R.D. Lawrence Place are gratefully accepted and tax receipts are available upon request. Cheques should be made payable to Minden Hills Cultural Centre and forwarded to:

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For more information, contact
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Ghost Stories *Scary Tales*

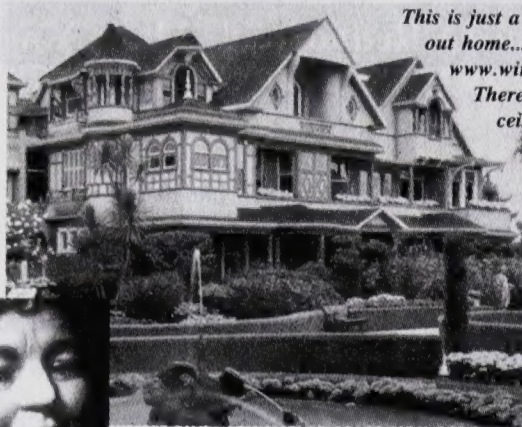
The following is a fun little column for those who like ghost stories... Whether these are true or not we don't know, but they are stories told by those who believe they saw real ghosts!! If anything, they do make for interesting little stories... enjoy...

Winchester Mansion

In 1884, a wealthy widow named Sarah L. Winchester began a construction project of such magnitude that it was to occupy the lives of carpenters and craftsmen until her death thirty-eight years later.

Sara Winchester, the widow of William Winchester, built the Winchester Mansion, in San Jose, California. Sara visited a psychic who told her that she must build a house large enough to house the souls of all those who'd been killed by Winchester guns, and Sara spent the remaining 36 years of her life - until she died in 1922 - doing just that.

As it now stands, the house has 160 rooms, spread across four floors. The village-sized edifice also boasts 17 chimneys, 40 staircases, 467 doorways and over 1000 windows. The mansion's construction is as odd as Sara's personality. There are stairways and doors that go nowhere, secret rooms and passages, and elevators that only go up one floor. Despite its odd characteristics, Sarah Winchester built a home that is an architectural



This is just a tiny part of a very large spread out home.... for more pics & info visit www.winchestermysteryhouse.com There is staircases that lead to the ceiling and stop - just some strange things in this place. You have to see the ariel view to see just how vast this place is. Also pictured is Sarah the lady behind the mystery.

marvel. Unlike most homes of its era, this 160-room Victorian mansion had modern heating and sewer systems, gas lights that operated by pressing a button, three working elevators, and 47 fireplaces. From rambling roofs and exquisite hand inlaid parquet floors to the gold and silver chandeliers and Tiffany art glass windows, you will be impressed by the staggering amount of creativity, energy, and expense poured into each and every detail. Tours of the home are now enjoyed by many visitors in the San Jose area. It's a must see if you are in the area.

Some believe that Sara had the house built in a confusing way so that the spirits wouldn't be able to find her and seek revenge. The number 13 is prevalent throughout: Every night she would sit down to dinner at the stroke of midnight, at a table set for 13 people, but she was the only diner. 13 bathrooms, stairways with 13 steps, and so on. There is a rumour that Sara would never give her workmen the day off; because she was afraid that the day she stopped building she would die. One day, however, after many complaints, she finally gave her staff a day off, and that is the day she died.

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JERRY THE BARBER CALLS IT A DAY



By George Farrell

One of the examples of a men's-only domain, for better or worse, is coming to an end in our society. I'm talking about the barber shop for men; no not a hairdressers's, but the old time barber shop of one two or three chairs, where you could sit and chew the fat with friends and strangers, and where you could leaf through sports magazines, and the occasional Playboy with impunity.

You've heard the expression "the more things change the more they stay the

same" Well in Minden, one person who cuts men's hair will be retiring, and other people who can cut men's hair might be taking over his space-but it won't be the same. I never saw any Playboy's in Jerry's Barber Shop in Minden. However, as far as local old time country barber shops go, Jerry's is it. Alas, Jerry is retiring at the end of April, and with him goes another chapter in the way things used to be.

Jerry Cooper was born and raised in Minden. He attended the old Minden Public School, and then went to the high school in Haliburton. As a young man Jerry worked at the Stouffer sawmill at Beech Lake, and he also lived for a while in Wilberforce when he was working for the veneer plant there. A bit later on, Jerry, looking for work wherever he could find it, moved to Newmarket Ontario where he got a job as a spot welder for an office supply company. While working in Newmarket Jerry married his wife Patricia, who is from Tory Hill. Patricia found a job in Aurora.

Tiring of spot welding Jerry then decided to enroll at the barber school at Algonquin College in Ottawa. That was way back in 1969. Then it was a move back to Minden for Jerry and Patricia. The Coopers have had 3 children; Dwayne, who passed away, Karen and Jerry junior.

In Minden Jerry apprenticed with his father Fred, who started cutting hair in Minden in 1957. Fred's shop was about where the jewelry store "Jewels" is presently located, "which is right next door to where I am now," says Jerry. "I apprenticed under my dad for 2 years. In the winter, when there wasn't enough work for the two of us I worked in the bush, driving skidders, and felling trees. I also worked for the roads department for a while, and would work with dad on busy weekends. Dad retired in 1978, and in the spring of '79 I re-opened dad's old barber shop and I was there until '84, when I moved to the present location, which was 100

Main street then, but which is now 100 Bobcaygeon Rd." Jerry's tiny shop is right on the corner of Bobcaygeon Rd and Newcastle Street, and is regarded by many as a Minden landmark.

"Yes, it's been a total of 36 years as Minden's barber, Jerry says, somewhat wistfully "But you know, when I started it wasn't a good time to become a barber," he recalls, and laughs ruefully. "It was because of the Beetles. Guys started to grow

their hair longer and going to hairdressers to keep it styled. A lot of barbers went out of business at that time. Eventually I built up a clientele. The tourists in the summer and the locals helped, and gradually the season lengthened as more and more tourists came up and stayed longer, and at different times of the year. People started to come up at Christmas time, plus it started to get busy around the time locals came back from their Florida vacations."

I asked Jerry about his famous antique kids barber chair, the one with the horses head attached, and where countless kids have received their first hair cuts. "A barber moved into Minden about 25 years ago, I think his name was Bokker. Anyway he set up a barber shop in his garage. He was only here 2 or 3 years. He was from Midland Ontario, and he decided to move back to Midland,

Jerry cont'd... pg. 13...



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June 30th
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will be held on the following dates and at the
following respective locations:

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June 30 th	Dorset Landfill	1- 5 pm
August 4 th	Oxtongue Landfill	1- 5 pm
Sept. 1 st	Dorset Landfill	1- 5 pm
Oct. 6 th	Maple Lake Landfill	1- 5 pm

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Jerry the Barber Cont'd...

... from pg. 11

so one day he phoned me to ask me if I needed any equipment. I went over and bought the whole works, and the horse chair was part of the deal," he explains. "The chair is called Charlie, and it's called that because the first young lad who had his hair cut in that chair at my place-I asked him what name he would choose, and he chose Charlie-and it's been Charlie ever since. I guess there's at least 3 generations gone through that chair - kids from Beirut, England Scotland, the States-all over the world."

Getting his hair cut is Reg Robinson, who lives south of Kinmount in the Burnt River area. "I like coming to Minden," says Reg. "It's closer than Fenelon Falls. I bring my grandson to get his hair cut, and he sits in that little chair. I guess I'll bring him up again soon, before Jerry retires."

"It's time for me to go," says Jerry. "Things change. It's different than it used to be. I've still got my health, and I want to go while I've still got it." Jerry won't be idle in his retirement. "I'm going to work for another guy part time, doing tile beds, and I'll be cutting and selling wood." Jerry has always been an avid hunter, much to the chagrin of hairy customers looking for a cut in hunting season, when Jerry would close shop to go hunting. "I've got a hunting camp, and I plan on doing some fishing," he says. "There's never a lack for something to do."

"It's going to be awfully strange not going in to work for 7:00 a.m.," Jerry admits. "I don't know what it's like to sleep in-it's going to be different that's for sure." Jerry has always opened for business at 7:30 a.m., which suited a lot of men looking for a cut before their own work started. "There were times when guys were in the chair at 7 o'clock-there's no where else you can go to get a hair cut at that hour. Now there's only the barber shop in Haliburton, and I don't know how true it is, but I heard that Bruce Sawyer might be retiring too, so there's a business here in the county for a barber. You can go at it 10 hours a day, so it's nice to slow down a bit in the winter. It would be great for an experienced barber who wanted to get out of the city-someone who has been at it for a while. It would be hard for a new fella. You have to put in 2000 hours before you get your licence nowadays," explains Jerry.



"Before, you could go to school for 6 months, and then apprentice for 2 years. But now you have to find a place to put in the hours-it's tough."

On explaining the difference between today's modern hair cutting salons, and the service Jerry and other old time barbers offer he explains. "I can pick out a city cut on the street. In the city its all speed cuts-they don't take their time. They do very little scissors and comb work-it's mainly clippers. I watched a barber work in Kingston cutting hair and the customer was out in about 4 minutes. It's going downhill for barbers.

I don't see a lot of future unless you get situated, and then if you're lucky you can be set for life," in a place like Minden or Haliburton.

Janet Hirstwood is the owner and manager of Head Inn, a well respected hair salon, located right next door to Jerry's on Bobcaygeon Rd. She might figure in Jerry's immediate future. "The plan is if all goes well that we will expand our shop into what is now Jerry's space," says Janet. I'll be putting in 2 extra stations. I have 3 now. All three of us here have been trained in barbering-they don't teach that anymore in the schools, it's a dying art. Right now we do mens hair, so there will still be barbers I Minden, and if all goes well, at the same address. We can use Jerry's entrance for wheel chair access," for people who have a disability, Janet says. "I would love to buy Charlie the Chair," she continues. "Jerry said that he was thinking of donating it to the museum, but if he decides to sell it, I'd love to have it. It sort of keeps the tradition alive."

No, it won't be exactly the same, but if Charlie stays, as I personally hope he does, a little bit of Jerry stays too. "Is there anything else you'd like to say," I ask before leaving, with my own just-cut scalp ready to brave the cold winds of late winter. Jerry thinks for a moment, perhaps wanting to say more; but what comes out is succinctly appropriate. "Just that I'd like to thank all my past and present customers," he says, "and to tell them that I'll see them on the lake sometime."

*Pictured: (previous page) Jerry cutting Reg Robinson's hair
Above is Charlie the Chair*

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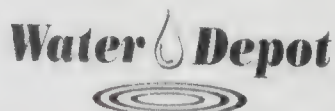
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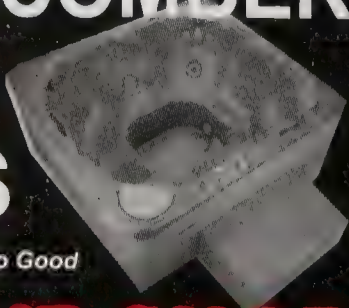


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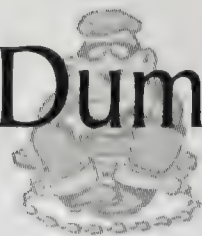
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Just Checking In:

An escaped inmate made it easy for police to track him down: He used his prisoner ID card to check into a hotel after fleeing from a halfway house.

Shane E. Betts' decision to use the ID "isn't as stupid as it sounds," said Comfort Inn manager Will Koonse. He said the hotel requires identification from any customer who pays in cash, and it isn't unusual for people who aren't fugitives to show prisoner IDs.

"Many times when they're released, that's all they have," Koonse said.

But upon seeing the ID, Koonse remembered a newspaper story about Betts' escape from the Harrisburg Community Corrections Center.

The clerk called police, who checked Betts' room and found only a woman inside. Police said the woman told officers that Betts had gone out for beer. Officers arrested Betts when he returned.

Just The Bare Facts Please.

A 28-year-old male stripper suffered head injuries, bruises and scratches when he was punched, kicked and hit over the head with a bottle after a substandard July 2002 performance at a hotel in Illinois.

It seems the mom of the bride, who has pleaded guilty to misdemeanor battery, attacked the stripper who failed to meet her expectations during her daughter's bachelorette party.

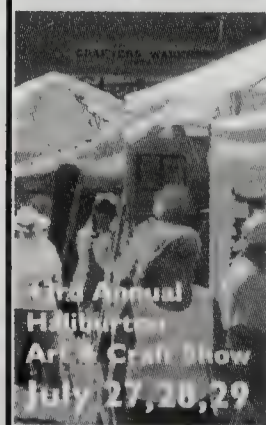
Police said attendees at the party became angered when the stripper showed up late and turned out to be a stand-in for the dancer requested.

Temper flared when the man allegedly ended his performance sooner than expected and without paying enough attention to the bride.

The woman was sentenced to 30 days of court supervision and ordered to pay \$2,500 restitution to the victim in a plea deal. Prosecutors also agreed to drop battery charges against her daughter and the bridesmaid.

A good listener is not someone who has nothing to say.
A good listener is a good talker with a sore throat.

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Can you spot the
10 differences
between these
two pictures?



the stem on flower is longer
flower behind girl is gone
her back foot is gone
bottom circle is smaller
she's not smiling
water is missing a ripple
her hair ribbons are blue
the dot on the 1 in spring is gone
her pant cuff is higher

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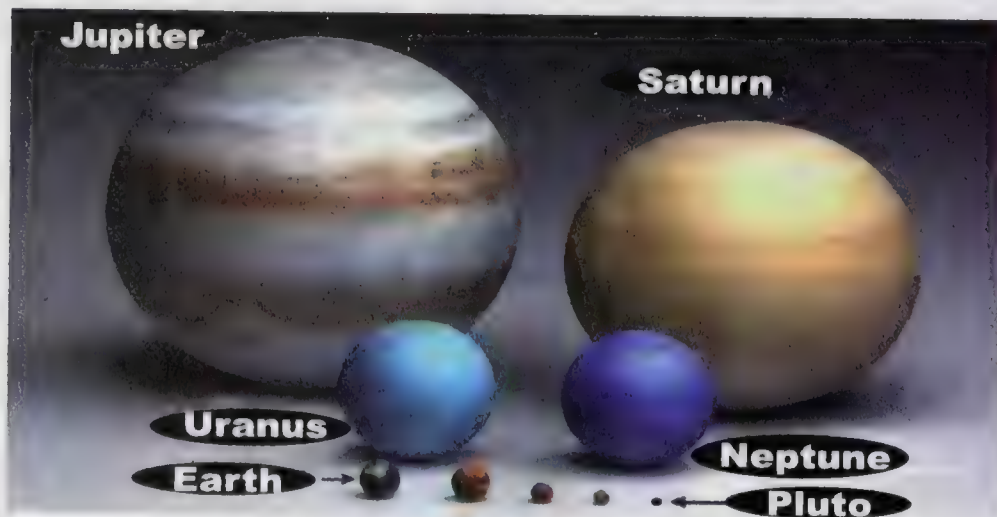
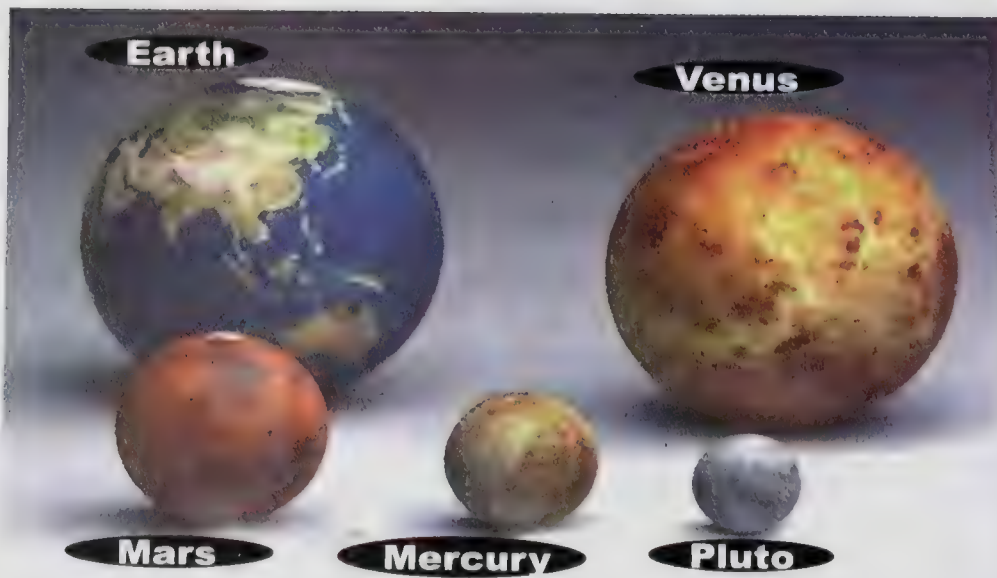
Keep in mind when comparing these pictures Antares is only the 15th brightest star in the sky. It is more than 1000 light years away.

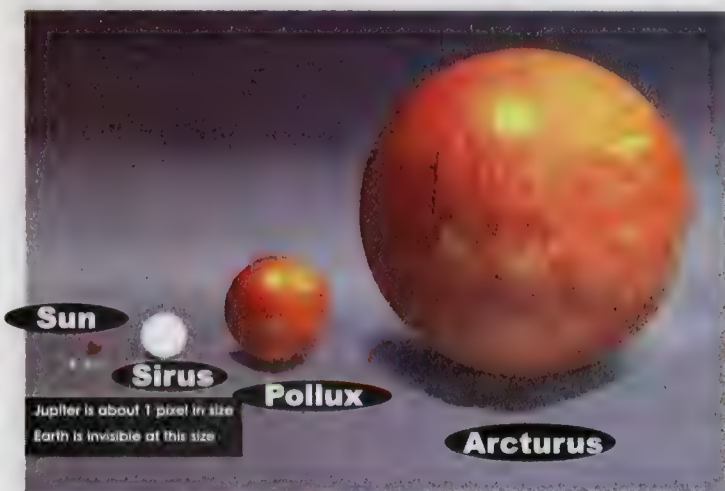
(It is the large red ball represented in the picture on the opposite page next to Betelgeuse - yet another large star.)

Get the picture now...?

The universe is so vast it is not comprehensible by the human mind. It would be like an ant trying to understand the wonder of the internet. It can't be done.

The universe
humbles us as
it should.





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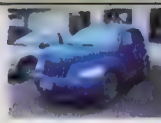
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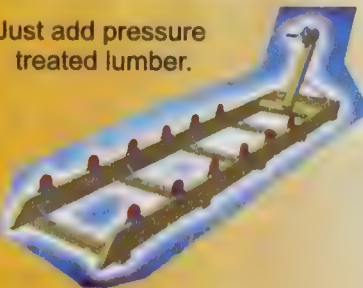


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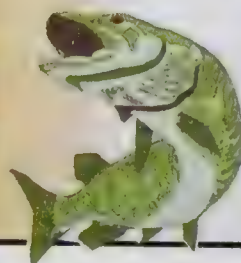
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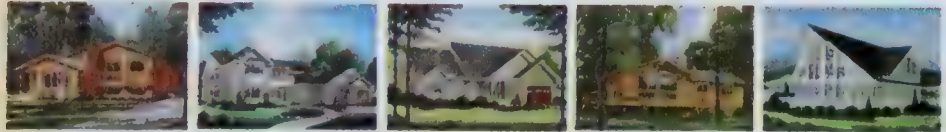
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Artist in Education Project

This year's Portfolio Class exhibition has been generously supported by the Ontario Arts Council's Artist in Education program. Through this support, the Rails End was able to bring nationally acclaimed contemporary painter and Haliburton resident, Gary Blundell into our high school. New work on gouged wood by Blundell will be featured at the Gallery in August, 2007. Blundell has recently been working intensively with portfolio class students as they prepare for their group exhibition. Students explore current contemporary art practices, learn how to craft an artist statement, create their own promotional material, how to design an exhibition and how to create art-work that is informed by a conceptual theme.

The exhibition opens with a reception and a walk-about led by the young artists on March 31, from 2 until 4 pm. Please join us as we celebrate the talent and depth of the work of Haliburton's up-coming artists.

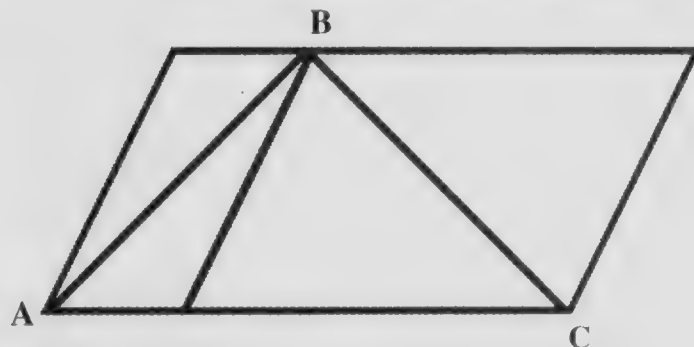
Rails End Gallery & Arts Centre would like to thank The Old Country House for their generous support. The Old Country House, located on Highland Street in Haliburton, supplies delicious and delectable appetizers for our opening receptions.

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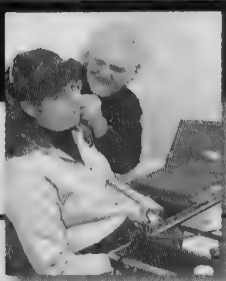
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Scientifically Speaking
What When Where Why How



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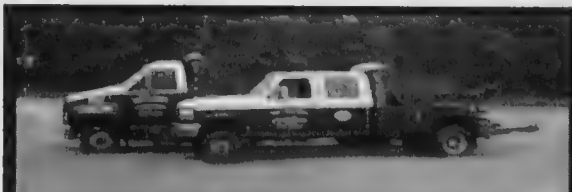
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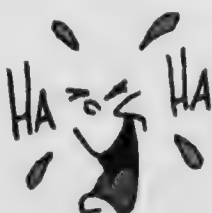
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The Haliburton Highlands Chamber of Commerce 2006 Business and Community Achievement Awards Nominations Are In....

The nominations are in, but who the winners are will be announced at the upcoming Chamber of Commerce Business and Community Achievement Award gala dinner & social.

And don't forget that everyone is welcome to attend this social affair – you don't have to be a Chamber member – it's a fun night for all!!

The following is a list of the nominations for this year – as all deserve recognition. The list of winners will be announced in our issue that hits the stands after the dinner taking place March 31st at the Delta Pinestone Resort.

Small Business of the Year (1-25 Employees)

Heat Line; The Pepper Mill; The Storeroom Natural Foods; and County Commercial Printers

Large Business of the Year (26+ Employees)

Royal LePage Lakes of Haliburton; Patient News Publishing; and Curry Motors Limited

New Business of the Year (Under 3 Years)

Carving Gallery; and Todd's Independent

Who will be the winner?... Be sure to attend the Gala Awards social and dinner - Everyone is welcome to attend!!

Not-For-Profit Business of the Year

Redstone River Luge Club; Rotary Club of Minden; Haliburton Highlands Trails and Tours Network; Minden Kin Club
Young Entrepreneur of the Year (29 Years and Under)
Marcy's Day Spa (Marcy Wilkins); Ben Teskey and Robin Golloher (Algonquin's Wolf Den Bunkhouse & Cabins)

Highlander of the Year

Michael Fay; Wade MacInnes; Sue Shikaze; and Richard Schell

For ticket information contact Charlene English at the Chamber at 705-286-6016. Tickets are \$40 per person plus tax. There will be a Cocktail Reception at 5:30 p.m. and dinner and awards starts at 6:30.

For your entertainment pleasure – those who attend will be serenaded by the Haliburton County Swing Band. You won't want to miss a second of this exciting Gala evening!! See ya there!!!!

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The Swing's the Thing!



by George Farrell

"It don't mean a thing, if it ain't got that swing." So wrote the incomparable big-band leader Duke Ellington. Not to take things too literally, but local band leader Glen Carter might take exception to those lyrics, because he likes many different forms of music. However he listened recently to some of his musician friends when they expressed a desire to form a swing band. For Glen it was not a problem. He knows his music.

Glen grew up in Toronto and moved to the Highlands with his wife Leona in 1971 to teach instrumental music at Archie Stouffer elementary school in Minden. After 30 years at Archie Stouffer, he retired in 2001. "Retirement is an opportunity to do what you like to do," according to Glen. "I sing in the Highlands Male Chorus, play trumpet in the Highlands Brass Quintet, conduct a band of about 20 people called the Highlands Concert Band, and Lorie Reddering and I share conducting duties with the Highland Wind Symphony. I curl three times a week in Haliburton, and I'm helping to resurrect a once dormant squash club. Community things keep me busy," says Glen. No kidding. But back to the swing of things.

"Swing music is synonymous with the big band era. They were stage bands and they played dance music," Glen says. Swing is a style of jazz played by big bands popular in the 1930s; featuring flowing rhythms. Swing gave birth to early rock and roll, but according to Glen "it doesn't all swing. There's rock, waltz, and bossa nova influences. It's music that makes you want to move."

The local swing band members are also members of the wind symphony. The wind symphony rehearses at J. D. Hodgson school in Haliburton, Monday evenings at 6:00 at p.m. and the swing band stays and practices from 8:30 on into the evening. "They came to me and asked if we could get a swing band going, because they loved swing. I got a couple of books, and we started doing it for fun. Our first swing band performance was part of the wind symphony Christmas concert at the Northern Lights Theatre in 2003," Glen explains. "Since then, the swing band has

performed 3 times a year, always as part of the wind symphony performances, but we've never performed on our own." Until now that is.



The Swing Band at a recent rehearsal

The Swing Band to Play at the Chamber Awards Banquet

"We'll be playing on March 31 at the Pinestone. It's part of a big Chamber of Commerce event." The big event Glen refers to is the

2006 Business and Community Achievement Awards Banquet. Charlene English is the administrative Co-ordinator for the Haliburton Highlands Chamber of Commerce. She is also a member of the committee that was responsible for finding the entertainment for the big evening. "The theme of the awards ceremony is about recognizing the everyday people who are doing outstanding work in our community," says Charlene. "Steve Hemming, who is also a member of the committee, and I, wanted to find entertainment that matched our theme," she continues. "I am a member of the swing

Swing Band cont'd... pg. 25...

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Swing Band Cont'd...

... from pg. 24



Glen Carter rehearses the Highlands Concert Band and the Swing Band

band and I told Steve that we're just ordinary people who love music, and I suggested that the swing band might serve the purpose for the Chamber's awards banquet. Steve came and heard us and said 'that's it-that's what it's all about,'- so now we're the entertainment for the big evening at the Pinestone!"

"Charlene plays baritone sax in the swing band," says Glen Carter. 'Plus she also plays flute, piccolo, or alto and tenor sax in the wind symphony, she's very versatile. She was one of those who was asking for the swing band originally."

Glen gives a run-down of some of the songs and instruments that will be heard and seen at the awards ceremony "We'll be playing things like Route 66, Ain't Misbehavin', Tuxedo Junction, Swinging Shepherd Blues, and about 6 or 7 others. We have drums, bass, keyboards, 4 trumpets, 3 trombones, 6 saxophones, and one French horn, which is unusual, but Bob Davis has transposed the alto sax music from E flat to the key of F for his French horn. It adds a different sound colour or timbre- a mellower sound to the mix."

The swing band - comprised of around 17 players, will be playing after the dinner and during the awards ceremony. "We're playing 3 pieces to break things up a bit during the awards, and afterwards we'll be playing some more, into the evening" says Glen. "We're all looking forward to playing more than the 3 pieces we normally do during our performances with the wind symphony-there's going to be a big crowd, at the Pinestone, and we're all pretty excited."

You don't need to be a Chamber member to attend the awards banquet. So, if you want to hear some great swing music, meet friends, have a great meal and honour contributions of some of the people who live and work in our communities, come to the Chamber's awards ceremony at the Delta Pinestone on March 31st. You'll need to reserve your table. For more info on the awards ceremony and the swing band, call Charlene English at (705) 286-6016. See you there.

THANK YOU!



It has been our great privilege to own and operate a business in the beautiful Haliburton Highlands. The decision to close was difficult but we have decided that our priority should be time with our 2 beautiful daughters while they are young.

We would like to thank all of our customers, the frequent and the occasional, who have helped to make our business a success. We will miss seeing all of you and helping you with your food requests as we embark on our new adventure.

Thank you to Don and Tina Stephenson for giving us the chance to own and operate our own successful business. Thank you to all of our wonderful staff over the years for their hard work including:

Amanda Dovell, Krysta Sharp, Tamara Bain, Kim Barnhart, Jordan Roberts, Madison MacInnis-Bailey, Danielle Casey, Danielle Griffin, Daniel Paul, Megan Paul, Amy Pergolas, Kelly Dawson, Michelle Russell and Joyce Bowman.

And thank you also to our occasional staff who stepped in as we needed them to lend a helping hand especially at hunting season: Gord Woodman, Kristen Thompson, Don Mawbey, Larry Bagg, Kirby Bagg, Rick Bagg and Jim Lawr.

Dan, Cathy, Jocelyn and Kara Chumbley

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P.S.- To all people interested in our specialty items, (ie: Flattened Chicken, Marinated Lamb Leg) they will be available at the West Guilford Shopping Center. Amanda will be taking our recipes with her when she joins their staff.

The store is closed permanently as of April 1, 2007

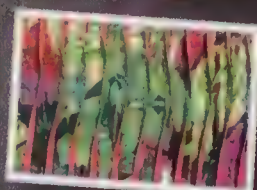
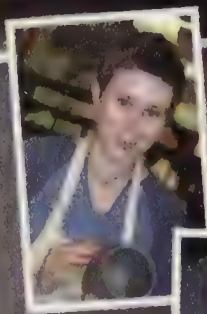
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Ontario Early Years Centre Upcoming Events

The Minden OEYC will be closed for the week of March 26 for renovations. Lullabies to Literacy will run on March 30 at the Minden site. The Haliburton OEYC will be open for that week for all to visit.

We will be open for regular hours on Monday April 2.

Healthy Women - Ontario Early Years Haliburton Centre

Wednesday's in April from 10:30 am to 12:00 pm

April 4th; April 11th; April 18th; April 25th

This 4 part workshop series is guaranteed to make you...relax, laugh, and enjoy the benefits of a healthy lifestyle. For more information or to register please contact the Ontario Early Years @ 457-2989.

Childcare is available. Please request ahead of time to ensure space.

Parent Talk Time - Speech and Language for children 0 - 6 years

Ontario Early Years Haliburton Centre

April 17th - 10:00 am to 12:00 pm

Come and relax with other parents and gain valuable information from a Speech and Language Pathologist from Five Counties Children's

Centre around speech and language development and common concerns. For more information please contact Haliburton OEYC @ 457-2989.

Play and Learn in Wilberforce with the Ontario Early Years Mobile Outreach.

Ontario Early Years @ Lloyd Watson Centre

April 5th, April 19th; May 3rd, May 17th; May 31st; June 14th.

Drop-in and see us every other Thursday at the Lloyd Watson Centre from 9:30 am to 12:00 pm. Parents and children 0 - 6 years will enjoy activities, crafts, and active circle times; toy and book lending; ideas to help keep kids healthy and safe; nutritional snacks; and guest speakers. Call OEYC Haliburton for more info. 457-2989.

Babysitter Training Course

Haliburton-Monday's, 4:00pm to 6:00 pm from April 16 to May 28 at the Haliburton OEYC.

Minden-Thursday's, 4:00 pm to 6:00 pm from April 19 - May 24 at the Minden OEYC - The 6 sessions cost \$15.00 per student for material fees Students need to be 12 years or over as of June 30, 2007. Please register by Thursday April 12, 2007 by calling 286-4625

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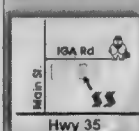
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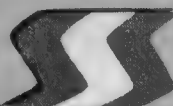
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The Slaughter House

A lady walking to work was approached by a blind man asking her to deliver a letter for him. Feeling sorry for the man, she agreed to do so, after which the blind man ran away. She called the police and found out that the address was for a warehouse that was being used as a slaughterhouse for humans. The letter read: "I am not sending anyone else."

Ladies Fellowship at West Guilford Community Centre

Ladies... this is a day you won't want to miss and you are all invited It's the Ladies Fellowship at the West Guilford Community Centre - the date: Thursday April 5 at 7:30 p.m. The theme: Creative Hearts - featuring Orillia Artist Jan Howlett - who will demonstrate how to create paintings that touch the heart. There will also be music featuring Holly Archer. For further information please contact Lyn at 457-3155 or Alice at 754-2808



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In Massachusetts, it is against the law to put tomatoes in clam chowder.

In Washington State, you can't carry a concealed weapon that is over 6 feet in length.

In San Francisco, there is an ordinance, which bans the picking up and throwing of used confetti.

In Kentucky, it is illegal for a merchant to force a person into his place of business for the purpose of making a sale.

It is against the law in Connecticut for a man to write love letters to a girl whose mother or father has forbidden the relationship.

In Michigan, married couples must live together or be imprisoned.

Crazy But True Law Suits

Let Me Give You Some Feedback...

Buyers and sellers using the eBay online auction service depend on the feedback of those who went before them to decide whether or not to do business with other people on the service. Robert Grace, a Los Angeles attorney — and the publisher of a legal newspaper — sold six "Radio TV Digest" magazines from the 1940s and 1950s through eBay to Tim Neeley, a Hollywood memorabilia dealer. Neeley was apparently unhappy with what Grace sent him: in his feedback, he said Grace "should be banned from eBay" and was "dishonest all the way" because the magazines arrived later than promised and in worse condition than he was led to believe.

Grace demanded that eBay remove the negative feedback, but eBay refused. In response, Grace has filed suit demanding \$100,000 from Neeley — and \$2.5 million from eBay.

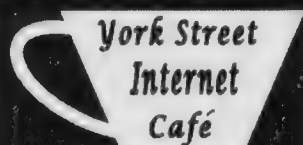
On its web site, eBay warns users that they can be held responsible for libel in feedback. "You are responsible for your own words," it tells users. "You should be careful about making comments that could be libelous or slanderous. You will not be able to retract or edit feedback you left."

It's obviously impossible for an online service to monitor every posting by millions of members. Should it be liable for what someone else says on their service? Should it be required to edit the words of others when someone claims the words are unfair?

The answers to those questions are worth millions to Grace.

In addition to the money, Grace's lawsuit demands various actions by eBay. It wants the court to order the auctioneer to ban words like "fraud", "liar", "cheater", "scam artist" and "con man" from the site's feedback areas. In addition, it wants buyers and sellers to be forced to register their names with the state of California as "fictitious business names", and eBay to collect California state sales tax on sales made on the site.

One wonders if Grace will soon be seeking more court orders to force online groups to ban a lot of other words. Like, say, "whiner", "crybaby", "arrogant", "meddlesome", "vengeful", "spoilsport", "muckraker", "profiteer" — and "frivolous lawsuit".



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Lange on the Law

Donald Lange

by **Donald J. Lange**
Barrister & Solicitor

Cottage Property and Roads

If you are buying or selling cottage property this year, you should be aware of the law relating to roads to your cottage and the disputes that can arise among neighbours. A dispute may arise with a new owner because a neighbour now sees an opportunity to establish what the neighbour thinks are his or her legal rights to the road. The road is barricaded preventing access to your cottage. What legal remedies are available to you?

You may seek relief under the *Road Access Act*. The purpose of this legislation is to prevent the arbitrary closing of a private road which crosses another person's land when to do so would prevent you from gaining access to your cottage by car. The Act maintains that an access road is to remain open and not to be obstructed until there is a court order authorizing its closure. If the neighbouring landowner barricades the access road without obtaining a judicial closing order, you may go to court and obtain an order that the landowner remove the barricade from the access road.

Another legal remedy is to establish the access road as a legal right of way. Many rights of way are created by a deed to property and are commonly called "deeded rights of way." There can be no legal dispute over your access rights in such a situation. Often, however, a road over another person's land is simply being used to gain access to your cottage. Your legal rights to the access road may be established by proving a continuous use of the road for a period of 20 years. This is called "a prescriptive right of way" because it is prescribed or laid down by custom. Proving your rights here are more difficult than under the *Road Access Act*. You must prove that the right of way has been used in a manner that was known or visible to the landowner and used by peaceable means, that is, without threatening the landowner. The landowner may also have defences. One common defence is that the landowner objected to the use of the right of way by periodically blocking it with a chain during the 20 year period. Courts generally proceed with caution before granting a prescriptive right of way because it is obtained without any financial compensation to the landowner.

When selling cottage property be careful about the road access representations you make and, of course, buyers beware!

In the next column, I will be talking about family law.

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BARRY HAWARD AND THE ABBEY NORTH DRUMMERS

By George Farrell.

I had met Barry Hayward at several get-togethers over the past few years, and although I knew he was a drummer and played in a drumming group, I had no idea of exactly what it was that he did with his group, other than having a good time beating away on a bunch of different instruments. My perceptions changed at the latest Annual General Meeting of the HCD, held at the Red

Umbrella Inn. Now Andy Campbell always puts on an entertaining and informative evening for the AGM, and this year the entertainment was provided by Barry Hayward. I was there by myself and was sitting at a table with people I didn't know very well, and conversation was a bit stilted. That is until Barry started to hand out small wooden percussion instruments to everyone in attendance. When everyone had their noise-makers Barry proceeded to divide the room up into various sections. He then started, section by section to get different rhythms, happening. Within no time, the room of previously inert individuals, many tired from a day's work and an afternoon of meetings, were laughing and having fun making music-each and every one of us contributing to the specific rhythm of our section, and the section to the rhythm of the whole. The whole was a wonderful cacophony of sound the likes of which has seldom been heard in our fair county. Moreover everyone wore a smile, inhibitions were forgotten, and the room rocked. I was sad to see it end, but when it did end, as all good things must, everyone at our table was fully animated. The ice had been broken, and then some. We had shared a moment where we let go of our daily personas, we were enervated and the better for it. My perception of Barry and the benefits of group drumming had changed forever.

Barry Hayward spent his early years in Fredericton N.B., where he lived until the age of "11 or 12," at which time he moved with his parent to London Ontario. He attended high school in London and moved to Toronto in 1981 to go to Ryerson University. Barry studied Environmental Health at Ryerson and "that was the beginning of how I spent the next 20 years," he says. "When I finished at Ryerson I worked at Magna International in the field of occupational health, safety, and environmental management. "I was responsible for helping to make sure that Magna was complying with all the applicable regulations."

The Haliburton connection started with Kris Kadwell, "who works for the Health Unit in Haliburton," Barry continues. "We met at Ryerson. He

is a musician as well, and we started making music together. We were just jamming-folk music mostly. Kris moved to the Highlands in the early 80's. I'd never heard of Haliburton before. I came up to visit my buddy on weekends, and we played fund-raisers and benefits. I'd play mostly drums, and Kris would play guitar. There's always been a lot of good musicians up here, but back then they wouldn't really get out a lot. There were a lot of kitchen jamming parties, and I thought that it would be nice to bring them out of their kitchens and living rooms to play in front of an audience."

"In 1996 my partner and I bought the Banks General Store in Haliburton, and we renamed it the Wild Oat Arts Café, and it became the venue for the visual arts, and there was also an open stage which was an

opportunity for those musicians to come out of their kitchens and perform for an audience. About that time I started going to retreats and workshops to learn how to facilitate group drumming experiences," Barry explains. (He had started as a drummer and percussionist in the high school band, back in London) "I was working with several mentors, among them Arthur Hull of Village Music Circles. The concept of drumming circles is about performing music in an ensemble setting, but in a broader context it's about community, and individuals contributing within the community. Each and every person can contribute in an equal way; co-operation versus competition." Barry also learned from Hull "not only drumming techniques with different drums, but also the concept of drum circle facilitation, which is in-the-moment music making," explains Barry. "It's

not lessons, but more in the vein of spontaneous and creative musical expression. My job as a facilitator really is to take whatever group and to help them achieve their highest rhythmic potential."

In 2004 Barry gave up his day job (he was commuting back and forth to Toronto). "I left the corporate world of regulatory affairs," he says, "to do drumming on a full time basis." Barry left Ontario for Vancouver Island for a while to regroup, and then he returned to the Highlands in 2005 "to hang up my shingle, and start doing this work on a full-time basis."

Barry explains that his drummer client base falls into 3 categories. Institutional/Educational: includes schools, ie The Artist in The Schools Program in Cardiff and Wilberforce, correctional facilities, healthcare, and nursing homes.

Abby North Drummers cont'd... pg. 32...

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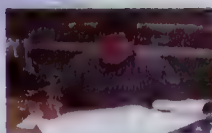
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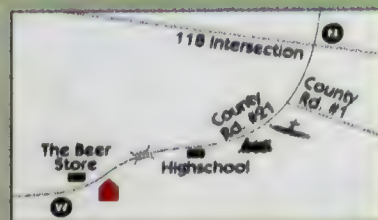


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BARRY HAWARD AND THE ABBEY NORTH DRUMMERS

... from pg. 31



Corporate/
Organizational
: addresses the
requests and
requirements of
organizations
such as the
HCDC.

Community Based

: projects which are open to
everybody of all ages and includes events like the weekly
community drum circle held at the Rails End Gallery, every Wednesday
evening from 7:30-9:00 p.m.

"The concept of the drum circle does not derive from any particular
culture like North American Native, or-Senegalese, or East or West Indian,"
says Barry. "You can go to a regular drum class to learn any of those
disciplines." The drum circle concept does have a loosely based philosophy.
"People have a lot of negative stuff that they carry around with them," he
explains. "Somewhere along the line some of them might have been creative
people but they just stopped-they're inhibited, embarrassed or lacking in
confidence. It comes down to them saying 'oh I wouldn't, or I couldn't do
that (drumming).' The analogy of the circle is that although there might be
some more experienced players it's really a level playing field. The circle
is a safe environment for people. There's no right or wrong, good or bad.
It can be cathartic, therapeutic, and transformative. It can be a powerfully
positive experience, and it has been shown that drumming can also help
people with cognitive difficulties. Although it's an inexact science if ever

I have to bring any statistical information forward to justify the concept
of drum circles, I just mention the fact that when drumming and rhythm
is a regular part of worship and church service there is a 58% increase in
attendance." That information comes from the Hartford Connecticut
Religious Research Institution. "Although there is no religious affiliation
to what we do, there is a spirituality which comes from making music
together," says Barry. There are many different types of drums to be
seen and used during drum circles,
including Djembes from West Africa, Congas which are Afro/Cuban, as
well as bells, shakers, woods and all sorts of things which bang and clack.
Barry is pleased that the drum circle concept has been accepted in the
Highlands and he thinks he knows the reason why. "We have a strong
sense of social justice-thats what makes it different." he says.

The Birth of the Abbey North Drummers

"In the summer of 2006 I was approached by Joe Truss and Chris
Cullen about getting involved with the work they were doing in
collaboration with their good friends John and Thea Patterson of Cranberry
Lake Rd. and the Institute of Cultural Affairs (ICA)," says Barry Hayward.
"ICA Canada (www.icacan.ca) is a registered Canadian charity and
supports active HIV/Aids projects in over six countries, with a theme of
Listen to the Drumming. Joe and Chris were new to the area and set about
recruiting drummers in our community. They showed up at a Sunday
morning drum circle in Head Lake Park last summer. Since that meeting
the Abbey North Drummers have performed for many fundraising events
in communities throughout the Haliburton Highlands, and in Toronto.
The core members are Barry, Eric Lilius, Joe and Chris. "We recruit
others as the needs arise, depending on the performance, and most of
what we do is highly participatory," says Barry. So if you've ever felt
like making music with other poeple, now you'll have ample opportunity.
"Any time we go out and make an appearance for a charitable cause we
work entirely for free. To sustain our volunteer activities we carry out
fundraising activities to raise donations to support the projects of Abbey
North," Barry sums up. A quick scan of their web site reveals that the
group is also dedicated to ecological living and the de-legitization of war.
Plans for 2007 include the release of a promotional CD for partner charities
and exciting appearances for funraising event in Canada and Africa.

Abby North Drummers cont'd.. Pg. 33...

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The Drumathon

The next big event is the 2007 Drumathon, in aid of ICA Canada and Abbey North Drummers. It will be held at the Rails End Gallery in Haliburton, from noon on Saturday March 24th until noon Sunday March 25th. That's right, it's an around-the-clock event with 24 hours of continuous rhythm. Drummers will spell each other as needed. There are great prizes to be won by those who raise the most in sponsorship funds. For more information call (705) 854-0265, or go to the web site at www.abbeynorthdrummers.com.

**Abbey North Drummers
is hosting a 24-hour
Drumathon in Haliburton
on the weekend of March
24/25**

Drummers and dancers are encouraged to get sponsorship donations which will be used to support ICA's programs as well as to help fund our ongoing efforts with ICA and other organizations seeking to support activities on the ground in Africa.

Shortly after the Drumathon, Joe Truss and Chris Cullen will travel to Africa to spend a couple of weeks to prepare the way for what we hope will be a trip to Africa by Abbey North Drummers later in the year. It is their intention to bring African drummers and musicians to the Haliburton area to launch an ongoing exchange program in support of this crucial HIV/AIDS work.

We invite your participation in one of the following ways:

a) Come and drum with us!

For those of you within driving distance of Haliburton, we encourage you to come along and join in for as long as you can. If you have never drummed before, this is a great way to get started. Whether you are young or old, it's fun and it's even therapeutic. See our website for information on how to register or send email drumathon@abbeynorthdrummers.com requesting a registration form.

form.

b) Sponsor a drummer.

If you are unable to be with us, please consider sponsoring a drummer to help us raise funds in support of this critical work. Just send us back an email (drumathon@abbeynorthdrummers.com) indicating that you will sponsor and we will add your name to our sponsor lists. Cheques can be mailed to Joe Truss c/o General Delivery, West Guilford, Ontario, K0M2S0 or brought to the Drumathon on March 24. Any cheque over \$50.00 made out to ICA Canada will receive a receipt for tax purposes.



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Getting Married This Year? Special Event? Anniversary?

First Love *A Life's Work*

By Stephen Patrick

"I guess I fell in love with photography when I spent a few weeks in the Canadian Arctic and Greenland when I was in high school. I was part of a group called Students on Ice and I took roll after roll of photographs – the landscape was so beautiful and inspiring – and I found out that I was able to capture that beauty," says Eleanor Bathe. "And when we came back I got to show my work to some of our sponsors, like the Rotary Club here in Haliburton, and I decided to make photography my career."

After graduating from Haliburton High Eleanor went straight to the Sheridan Institute of Advanced Learning and Technology in Oakville and enrolled in their Applied Photography Course. Sheridan is renowned world wide for its photography, film and computer animation studies and for two years Eleanor immersed herself in the wonderful world of digital photography, and the accompanying computer software applications. Where once photographers regularly developed their own prints, now professionals like Eleanor need in-depth knowledge of programs

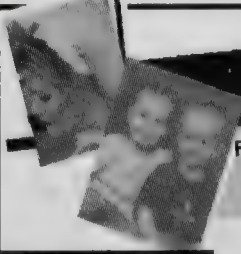


Eleanor Bathe

like Photo Shop in order to work with their 'raw format' digital images and manipulate them to their satisfaction. "We had extensive training in Photo Shop, for example, which is indispensable if you want to operate on your own. For all my work I use a Mac Laptop – it's an essential part of my equipment. When you're shooting a wedding you're usually with the bride before the ceremony right through to the reception, so I might shoot literally hundreds of images in a very short time. And within a few minutes you can download those images to the computer, check them out, and start over. I like to give my work a documentary feel as well, which means even more unrehearsed, natural action shots." Eleanor uses a Canon 20D Digital SLR for all her work, and wouldn't be parted from it.

Eleanor started her professional career work just two years ago and last summer alone shot some eight weddings, and already has three booked for his coming summer. "I think I must specialize in making my clients feel relaxed – so many of them

Eleanor Bathe cont'd... pg. 36...



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First Love *A Life's Work*

Eleanor Bath cont'd...

... from pg. 35

have said they dreaded the photography part of the whole wedding day stress – so I try hard to make it seem fun and natural. And afterwards the clients say they can't believe how easy the process was. You always need the formal shots of course, but even those can be made relatively painless.

"And it's the same with family and children's portraits. I think I just enjoy working with people, and trying to get exactly the right image and background for each person or group." Eleanor also does sports photography, both action shots and team portraits. Last year she shot a charity Marathon run in Aurora, for no charge, which was a demanding and rewarding experience. She's also shot professional lacrosse games, which are also highly challenging.

For family portraits Eleanor has a portable studio setup that she can take right to the client's house, complete with lights and backdrops if necessary. She also enjoys taking 'environmental

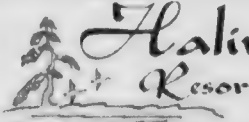
portraits' with families, particularly children, which means getting her subjects away from the house and into a natural setting.

Breaking into the ranks of full-time professional photographers is not an easy task, and it doesn't happen overnight. To give herself the space and time she needs to develop her business, Eleanor also works as a consultant for Arbonne International, producers of an environmentally friendly skin-care line. "I'm determined to make photography my main job – it's simply what I love to do – so I need other income sources that aren't 9 to 5 to allow me to achieve that goal."

And she's certainly found some very gratifying early success. This month her work is being featured at one of Toronto's most stylish and upscale venues, the Peridot Resto-Lounge at 81 Bloor St. East, which should give her burgeoning career a welcome boost.

For all her work Eleanor is happy to provide her clients with all manner of media – from DVDs (that will work on their TV) to traditional prints and slideshows. You can reach Eleanor Bath at 705 457-3150, or 905 510-2550, or by email at ebathephotography@sympatico.ca. She'll also be happy to email prospective clients her portfolio.





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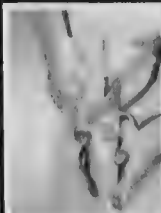
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The Best Of BOTH WORLDS

How Carl Dixon Found Celebrity & Refuge

By Lea Harper

Apart from being overtaken by the wild new music, when Led Zeppelin hit the stage in Toronto for the first time in 1970 and lead singer Robert Plant tossed and shook his curly locks, I remember thinking (once I hauled my tender gaze away from his exposed navel) *I want that hair*. But alas — no amount of teasing, crimping or perming on my part ever produced the desired effect.

I arrive at Canoe Radio to interview Carl Dixon, the lead singer for the Guess Who and the station's program director whose weekly show, The Rock Garden airs Tuesdays at 9 pm. That's tonight and it's two minutes to the hour and no one is there. I'm busy scanning the deserted main street of Haliburton when a vehicle rumbles to a stop across the road. A man leaps out and swiftly jaywalks to Canoe headquarters. It wasn't the key in the door that gave him away, it was *the hair*. By the time I remove my boots and venture into the control room, Carl Dixon (presumably) is already cuing up songs and preparing to launch into his introduction. He's still on his feet and jauntily humming a tune. Lighter than air. And like many energetic rock & rollers, there's a bit of the 'forever young' Peter Pan in the persona.

In the dark ages of Canadian musical history when only a handful of recording artists achieved international acclaim — back when we were being blasted by the British Invasion and daily news of the Vietnam War — it was Ann Murray, Gordon Lightfoot, Joni Mitchell, Neil Young...and The Guess Who who would surface and go on to become household words. The music industry here was still embryonic. In order to get heard south of the border you had to break 'the sound barrier'. It was like an invisible Berlin Wall. Many musicians simply lost heart or faded into obscurity.

Along came bands like Rush, April Wine and Coney Hatch. Given the stats, the very fact that Carl Dixon has played in three top Canadian groups (in one incarnation or another) is rather remarkable.

I thought it might break the ice if I let Carl know that Jerry Mercer, April Wine's drummer sat in on a few gigs with my band, Syren in the early 90's, but there's no ice to break. The singer is gracious and entirely at ease — a consummate performer, accustomed to the scrutiny of strangers.

There was a piano in the house where Carl grew up in Sault Saint Marie and the boy first tickled the ivories with a somewhat catchy tune — the National Anthem — which prompted his parents to

Singer for The
Guess Who (former
member of April
Wine) loving life in
Haliburton County

Carl Dixon



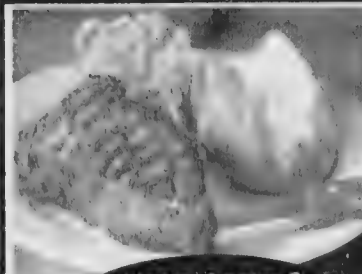
start him on lessons. At fifteen, he began "hanging around rock bands" in Barrie. A trio wanted a singer-guitarist. He lied about being able to play guitar and in order to stay had to learn quick.

"After a sequence of high school bands," Carl joined Coney Hatch (whose name they snatched from an old English asylum). He was only sixteen. The band "got good radio play in the States," Dixon says.

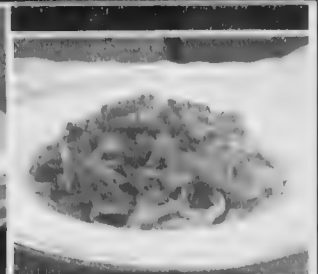
Listening again to "First Time for Everything" — a single that hit the charts in 1983 — it's easy to understand this pop-rock band's appeal. Carl Dixon is a strong singer and like Steve Perry from

Carl cont'd... pg. 38...

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CARL Dixon

Cont'd... from pg. 37

Journey, his voice carries a punchy, clear edge. As a member of April Wine (2001-04), Carl provided the backing vocals, as well as playing guitar, keyboards and percussion. "Drums," he says, "are still my favourite instrument."

Carl was hired in 1998 by the Guess Who. (There are two original band members.) The only time Dixon sat out on a tour or engagement was for the reunion in 2000 when the City Fathers of Winnipeg offered the band a quarter of a million dollars to perform with Randy Bachman and Burton Cummings fronting the show.

Singing has been Carl's "main focus" but he also writes prolifically. He wrote original material for Coney Hatch and now writes for the Guess Who. They're working on a 'live' CD which will be released in the Fall and Carl's solo CD will be ready by the Spring. 60 or 70 of his songs have been on various recordings and he feels he's "still coming up with the best... As you get older it's more difficult to write songs and more rewarding. When you're starting out, everything is fresh to you...a lot of lessons to get to the master stage. Many people give up before they've finished their apprenticeship." It's more important now, he says, "to reflect my truth. I'm passed the point of wanting to be number one on the charts. Never was hungry for that measure of accomplishment which maybe why I didn't make those ruthless decisions. Performing is what I've been trained for. It's what I love. You can gravitate to that (applause) default position," he says, "and by now I know how to push those buttons." But what matters is, at the end of the day you know you've done a good job. Dixon has never smoked or touched drugs. It's been about perfecting his technique and preserving his voice.

Musicians often have to juggle jobs to make ends meet. Carl Dixon is "insulated from that necessity" and "financially taken care of" by the Guess Who. Not having to hustle gigs means there's no need to be 'welded' to a city. This frees him up creatively as well as allowing him more time with his family. The band usually has a couple of shows a month. Carl's flying out Friday for Indiana

*Carl says he's gearing more to acoustic with his next solo album ...
"There's a feeling of power with rock but no nuance or subtlety"*

but will be back Sunday for his daughter's appearance in the stage production, "Annie". Arizona is next. "We'll be touring all over the States this summer," Carl says. Last summer during a Guess Who tour, his older daughter, Carlin took over the Rock Garden at Canoe for a few weeks. His fourteen and eleven year old daughters, Carlin and Lauren, are extremely talented Carl says and he refers to them as "instinctive singers". His wife, he adds with a certain awe, "keeps it all together."

As a kid, Carl lived for a time in Collingwood and Minden. He has always felt drawn to Haliburton County. At fourteen, he worked one summer at the now defunct Royal View Lodge. In 2005, he packed up his family and left Toronto to live in the West Guilford area. They already had the cottage, Carl said and it had become "harder and harder to get into the van and drive away" at the end of a weekend.

Carl does a solo acoustic gig at Sir Sam's Lodge some Saturdays. He's done benefits at the West Guilford Community Centre. This will be the second year he has played for the Haliburton Dance Arts. The Fireman's fundraiser. And at Stanhope last summer at a concert organized by local impresario, musician and hair designer, Mark Christiano. (Incidentally, Christiano also has



**Carl Dixon
can be
heard on
radio as
both per-
former
and as
announcer**



the hair) Dixon is one of the judges for the upcoming Haliburton County Idol competition.

Carl says he's "gearing more to acoustic" with this next solo album. "There's a feeling of power with rock but no nuance or subtlety." I ask if he's concerned about getting airplay on his solo endeavors. He tries to hide his mirth. "Well, it certainly helps to be a program director of a radio station." He may hire a promoter for this project but likes the idea of an independent production. I can make \$15 on every CD sale whereas with a record company I might only make \$1.

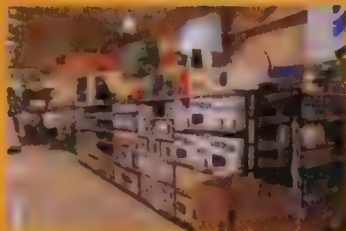
The Rock Garden has been especially intriguing tonight as Carl has a TEAC machine that converts vinyl to CD. Some of the records are scratchy, some even in mono but that just adds to their authenticity. He's a collector and we even get a sample of a recording that had belonged to his father.

As I snap off a round of pictures, I decide to casually mention the hair. "Most women would be most grateful for hair like yours," I tell him, hoping my envy is unapparent. "I know, he says, I get that every day." He turns to the console, adjusts some faders, sets up three tunes then slips into the next room for a coffee — all the while singing to himself. Lighter than air. You just know this guy's enjoying the ride.

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Crime Flashback

by Max Haines

It is difficult to apprehend a murderer when no crime is known to have been committed.

Grace Hunt hailed from a well-known California family. When she met and married Patrick Grogan in 1909, her happiness seemed assured. After all, Grogan was a bonafide millionaire. Grace and Pat had a son, Charles.

As the years went by, Grace and Pat agreed to disagree. When Charles was 10, the couple divorced. Grace was given custody of Charles and a cool \$500,000 to soothe any hurts and to keep the wolf from the door.

There were wolves of a different kind at Grace's door. She was an attractive young woman with oodles of cash.

Two years later, when Patrick died, leaving the balance of his estate to his son, with Grace sole administratrix, she became an extremely attractive catch indeed.

Many a young stud had one eye on Grace's figure and the other on the figures in her bank book.

Dr. Thomas Young was a dentist who had decided to establish his practice in L.A. He homed in on Grace like a hound pursuing a fox.

In the winter of 1923, Grace became Mrs. Thomas Young. For two years, Dr. Young's practice flourished, as did his marriage to Grace. The attractive couple were seen in the best restaurants and were asked to the most prestigious parties.

They discovered... the dentist lied!

And then it happened. On Feb. 22, 1925, Dr. Young contacted police, telling them his wife Grace had disappeared.

He said that 24 hours earlier, he and Grace had left their Beverley Glen cottage for dinner in Venice. They had a few drinks, enjoyed dinner and were about to leave the restaurant when they happened to bump into a woman he knew. Afterwards, Grace flew into a jealous rage. According to Young, this was not an isolated incident. Grace was insanely jealous. Embarrassed, he hustled his wife out to their car.

While driving back to L.A., Grace took a swing at her husband and broke his glasses. Eventually, she quieted down and apologized for causing a scene. The Youngs made up and decided to drop into the Hotel Biltmore to dance and have a few drinks.

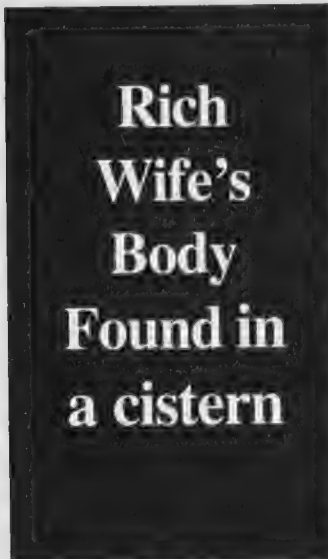
Grace excused herself in the lobby and made her way to the powder room.

As far as her husband knew, no one had seen her since that moment. Dr. Young added Grace was carrying \$150,000 in negotiable securities and all her jewelry. In total, Grace was lugging around \$250,000 on her person. Young's statement begged the question — why would a woman carry a fortune in her purse? Young told police he thought his wife was afraid their cottage could be burglarized.

A few weeks after the disappearance, Grace's friends began to receive letters, apparently in Grace's handwriting. The letters were postmarked from towns within 800 km of Los Angeles. In these letters, Grace said she was tired of the incessant arguments with her husband. She planned to get away from it all for a while in Europe.

It all seemed so perfect, except for one thing. Anyone who knew Grace realized that she would write or contact her son, Charles, if she were leaving her home. Grace's father, Earl R. Hunt, was not satisfied with the investigation. He hired the famed Burns Detective Agency to find out what had happened to his daughter.

Haines cont'd... pg. 41...



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Dr. Young hired another agency to locate his wife. In all, there were now three organizations searching for Grace Young.

Months passed. The investigation wound down.

Then, the Burns Detective Agency came up with the disconcerting information that Dr. Young's secretary had been seen wearing one of Grace's rings. When questioned, she said Young had showed up at work one day with the ring. She had worn it for a day or so and had returned it to him.

For the first time, it was discovered Dr. Young had lied. He told police his wife had taken all her jewelry with her. The Burns boys shared their information with the authorities.

Now, it seemed everyone had found something which incriminated Dr. Young.

Since his mother's disappearance, Charles Grogan had changed his will, which had previously left everything to his mother. His new will made his stepfather sole beneficiary.

Witnesses were located who swore Grace had been carrying a tiny purse on the night she disappeared. It could not have held all her jewelry as well as negotiable securities.

Police got a search warrant to go over the cottage during Young's absence. They found a three-carat diamond ring.

Dr. Young was questioned. He claimed Grace often placed pieces of her jewelry in the side pockets of their automobile. He had found the ring in the car and placed it with his personal papers in the cottage.

Everyone concerned was now sure Young was lying, but they had no proof he had committed any crime. In fact, they had no positive proof any crime had been committed at all.

On June 14, 1925, Young was brought to headquarters for questioning. Worn to a frazzle, he broke down and revealed what had happened to Grace. He blurted she had accidentally struck her head and had fallen into a cistern at their cottage.

Police rushed to the cottage. In the cistern, under a thin layer of concrete, they uncovered the body of Grace Young. A piece of rubber tubing was in her mouth. Dr. Young changed his story. He now said that after an argument in the hotel, he had taken his wife to his office, where he had given her enough Scotch to render her unconscious. He then drove to the cottage and put her to bed. He administered a gas called sommonoform (used by dentists during that era) through a tube until Grace was dead. Then he threw her body into the cistern.

The very next day, he had Charles mix the cement which was to cover Grace's body. Young told police, "I had covered the body with newspapers and I thought it would be a great joke on the boy to have him unknowingly cover his mother's body with cement."

Young said he killed Grace to get rid of her and grab her fortune. He added he was planning to kill his stepson Charles and place him in the cistern as well.

Dr. Young's murder trial was in its 10th day when he was found dead in his cell. He had managed to strangle himself with a piece of wire.



Baker's Secret

Tips for those who love to bake

To keep fruit cakes moist while baking, place a pan of water alongside it in the oven and keep replacing the water until the cake is done.

Light Cakes...To make your cakes really light, add a teaspoon of lemon juice to the butter and sugar.

Moist Cakes...If you add a teaspoon of vinegar to the baking soda when baking a chocolate cake, you'll get the moistest chocolate cake you ever dipped your fork into.

To remove a cake that is stuck in the cake pan, invert the pan over the cooling rack. Take a hot steam iron and place it on the underside of the cake pan for a few seconds. You should find you can now lift the pan off the cake.

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Dream Homes

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Music Notes by Greg J. Roe

A Look At Music's History

The Name Game... cont'd

In the last issue of the Communicator, we were looking at the origin of some of the famous names in the music business. Name sources ranged from B grade sci-fi flicks to the simple practicality of having a name that seemed too 'dull'. Gerry Dorsey changing his name to Engelbert Humperdinck, may be an example in the extreme!

For similar reasons, Reginald Dwight decided to take his stage name from two local musicians, Elton Dean and Long John Baldry, and Elton John went on to become a pop icon. (Baldry, interestingly, moved to Canada and lived for many years in the Dundas, Ontario area.) Elvis Costello also took his name from two of his heroes, Elvis Presley and Lou Costello while Ray Charles Robinson shortened his name to avoid being confused with the popular boxer Sugar Ray Robinson.

Some names came from the physical stature of the artists themselves. J. P. Richardson became the Big Bopper because of his 240 pound frame and the names Fats Domino and Chubby Checker also referred to the artists' size. Richard Penniman became Little Richard because of his relatively small stature. Dire Straits, on the other hand, was a description of the band's financial stature at the start of their career.

Sometimes bands got their names by looking to other bands that influenced them. The Beatles were admirers of Buddy Holly and The Crickets. (Band member Jerry Allison came up with the Crickets because crickets make music by rubbing their legs together!). The Eagles were influenced by The Byrds and The Troggs wanted to have an 'earthy' name like their idols The Rolling Stones, a troglodyte being a mythical cave dweller. The Stones, too, took their name from a song by one of their blues heroes Muddy Waters.

There are a few versions of how the Grateful Dead got their name, but this one seems most intriguing and also carries a nice message. Originally called the Warlocks, The Dead were looking for a new name when they found out that a band called The Warlocks already existed. The term 'grateful dead' comes from an old English folk tale wherein a traveler enters a village where the townspeople are desecrating, and refusing to bury, the body of a man who died while owing money to his creditors. The horrified traveler pays the man's debts and sees to a decent burial. Later in his travels, the kindly gent finds himself in a situation where his life is saved by a very mysterious event that is accredited to the dead man's grateful spirit. Hence, The Grateful Dead were born.

Finally, here's one that harkens back to those cold days in February. The band in question was looking for a name that would suggest the fact that they had three lead singers. The girlfriend of one of the band members had recently read an article about people in cold climates that would sleep with their dogs for warmth and the coldest weather was called a Three Dog Night! The boys liked it and a great band was born.

Name origins can be truly fascinating and the fascination goes beyond just music. Southern readers will likely know, for example, that Toronto was once called York and that Kitchener was originally Berlin. Did you know, however, that Gelert was once named Little Ireland? But that's a discussion for another time and place.

A clear conscience is usually the
sign of a bad memory.



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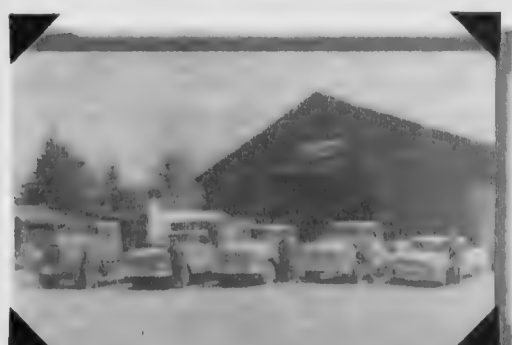
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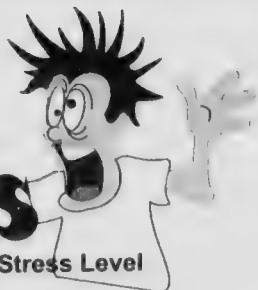
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STRESS BUSTERS

Quick Tips To Lower That Stress Level



Side Stretch

Slowly lunge to your right with right leg bent and left leg straight. Grab your hands above your head and bend your upper torso toward the left until you can feel a stretch in your right side. Hold for the count of five. Straighten up. Repeat on the other side. Alternate three times on each side.



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S.T.O.P. SMOKING

Smokers Encouraged to
Volunteer For Unique Local Study to
Help Them Kick the Habit

The Smoking Treatment For Ontario Patients (STOP) Study is coming to the area this month to help a select group of smokers kick the habit.

The Haliburton, Kawartha, Pine Ridge District Health Unit is seeking local volunteers to take part in the innovative STOP Study. Smokers who participate in the study will get a free, 10-week supply of nicotine patches, gum or inhalers. Participants will be monitored over the ensuing months to see if the nicotine-replacement therapy has helped them become smoke-free.

"For people eager to quit smoking, the STOP Study is a new and different opportunity to kick some butt," says Dearbhla Lynch, a Health Promoter with the HKPR District Health Unit.

Any local smoker who wants to find out if they qualify for the STOP Study can call the local Health Unit office at (705) 457-1391. All participants must complete an initial screening by telephone and attend a three-hour information session in Minden on March 28 at 1 pm. Space in the study is limited. Registration for the study begins on March 22.

The Health Unit is collaborating with the Centre for Addiction and Mental Health (CAMH) to offer the STOP Study in this area. CAMH introduced the groundbreaking treatment study in January 2006 in partnership with the Ontario government. The purpose of the study is to evaluate the methods and effectiveness of providing Nicotine Replacement Therapy (NRT) to Ontario smokers.

Findings from the first year of the STOP Study are impressive. At least 12 per cent of STOP participants had successfully quit smoking and stayed off tobacco for six months as a result of using nicotine replacement products. This is twice to four times the normal quit rate of smokers.

"Nicotine replacement therapy is very effective, but some people don't use it because of the cost," says Lynch. "That's where the STOP Study can help. It shows that products like the nicotine patch, gum or inhaler are effective and need to be more accessible to smokers."

*Thank you for helping us
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Putting The Time Into Mealtime

March into Nutrition Month By Reaping the Benefits of Healthy, Home-Cooked Meals

If meals at your home are a free-for-all, feeding frenzy, you might want to call time-out.

New research shows there is considerable benefit in families making time to sit down together for healthy home-cooked meals. Doing this regularly through the week gives children more nutritional benefits and can help them be more self-confident and socially adept.

According to the Haliburton, Kawartha, Pine Ridge District Health Unit, putting the time into mealtime is achievable, even for people with busy schedules.

"We all have days where we have no idea what's for supper, and that makes fast food a quick and easy option," says Rosie Kadwell, a Registered Dietitian with the HKPR District Health Unit. "The good news is that there are ways to make home-cooked meals quick, easy and delicious."

March is Nutrition Month and Kadwell says it is the perfect time to get started. To do this, she encourages people to plan three or four main meals for the week ahead that involve quick recipes with simple, tasty ingredients. Choosing healthy side dishes, such as a garden salad, can complete the main course while adding to its nutritional content.

Getting input from family members can also help with meal planning, she adds.

For local residents who are still pressed for time, Kadwell recommends making larger meal portions so there are leftovers to use another day. Preparing extra meals in advance and freezing them can also be a timesaver.

To provide more healthy eating ideas, the Health Unit is organizing the following Nutrition Month events:

• **A Cooking and Tasting Food Demonstration runs March 28**, from 7 to 9 pm at Delta Pinestone Resort. Join Executive Chef Gord Skinner and Registered Dietitians Rosie Kadwell, Beth MacEachern and Sheena McLeod to learn tips on menu planning and preparing quick, healthy

meals. Cost is \$15 per person. To register, call the Health Unit at (705) 457-1391.

• **Free Label Reading Tours** are set for April 4 in Minden and April 5 in Haliburton Village. Join a Registered Dietitian and learn to read the labels and claims made on food packaging in grocery stores. To register for a tour, call the Health Unit at (705) 457-1391.

For more nutrition information, the Dietitians of Canada web site (www.dietitians.ca/eatwell) offers many tips and recipes, including details about the popular new cookbook called Simply Great Foods. To make this book accessible to local residents, the Health Unit will donate a copy of Simply Great Foods to the library in Haliburton County.

Area residents can also get more healthy eating advice by contacting a Registered Dietitian in their local Health Unit office or visiting www.hkpr.on.ca.



HALIBURTON HIGHLANDS
HEALTH SERVICES

For The Health Of The Highlands

Haliburton Highlands Health Services Board is seeking **NEW DIRECTORS**

Haliburton Highlands Health Services has a broad mandate to oversee and develop an integrated health service. We would like to have a diverse representation of Haliburton County's demographics on the Board.

Volunteers interested in the health services of our area should forward a letter, with resume / C.V. by April 15, 2007

To:

Dr. Richard Charron, Chair, Nominating Committee
Haliburton Highlands Health Services
P.O. Box 115, Haliburton, Ontario K0M 1S0
Fax to 705-457-1071
email to: info@hhhs.on.ca

If you have any questions, please call the Administrative Office at 457-4508.

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Speaking About Osteoporosis and Bone Health...

Don't miss Heather Easton's visit to Haliburton

Heather Eatson of Osteoporosis Canada will be in Haliburton on April 17th, at 1 o'clock, speaking about Osteoporosis and Bone Health.

Find out more about osteoporosis. Are you at risk? What role does nutrition, vitamins and physical activity play in osteoporosis?

Please call Roxanne or Ida at Community Care, for the location of this one hour seminar or if you would like more information. 457-2941.

Refreshments will be available.

This seminar is brought to you courtesy of Community Care

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'Mother Variations' A Live Production Not To Miss

Hear Ye, Hear Ye! The next production of the Loop Troupe is coming! The spring production entitled "Mother Variations" will hit the stage at the Lloyd Watson Centre in Wilberforce on Friday April 13th and Saturday April 14th at 7:30 pm each night. The show will last about an hour and a half and will have an intermission with refreshments. The cast and crew have been working hard on the show since January, which is about three generations of mothers who are all living together in a small apartment in working class Montreal. Each woman has different expectations of each other which will be sure to bring a smile to the audience's faces in the gentle comedy.

The three women represent the grandmother (played by Hilda Clarke), the middle aged mother, (played by Kim Barrett) and her 18 year old daughter (played funny enough by her real life daughter Carolyn Barnes). There is also a baby in the situation but it is just a doll. The play is directed by Gill Stephen.

Tickets to the performances are available in advance at Agnew's General Store in Wilberforce for \$8 or available at the door the nights of the shows. The Loop Troupe is a non profit organization with a passion for live theatre who meets in the Wilberforce area. The "Troupe" always welcomes new members both in the acting and backstage areas. For more information please call Gill Stephen at 448-1411.

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The Birches' Voice

by Brenda
Pedigrew

When winter is white, as it usually is, birch trees blend into the scenery so well that I hardly ever see them until the muddy brown of spring returns.

Because the first months of this winter were different, were without snow at all, I noticed on my daily walks that pure white color, almost glowing, whenever it appeared among the dun landscape. Yesterday morning it was an Arctic hare, standing perfectly statue-like, not five feet from the side of the road, smelling our smells and hoping not to be detected. And he wasn't, because we successfully distracted our prancing Golden Retriever from leaping in that direction. Another time it was the white streak of an ermine – the winter weasel – running along the dark river's edge. Do they know, I wonder, that they are not hidden this year?

But it is the birches that catch my attention the most urgently. In groups their arms splay out from the ground like arms trying to touch the heavens.

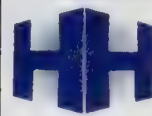
When the infrequent sun is shining, they give off an actual light, as if responding to a request from some sovereign lord to show us humans a little faith in the possibility of brightness in this overcast winter.

More than all these, however, I notice the large rolls of bark that birches are sloughing off like the skins of snakes. Like most other living things, birches shed, dropping to the ground – usually around March – a material that gets recycled as firestarter, card and craft material, or food and shelter for small animals and insects we might never notice.

This year, the birches are speaking to me every time I go outside. Their voices, wrapped in light and the release of their protective skins – are not whispering as they do in snowy winters when they can hardly be seen. In this dull landscape they shout, they insist, they don't allow my eyes to skim over them or ignore them altogether. Instead, they throw questions at me like delicate inquisitors: "Where is your light and how is it being seen now?" they say. And "what is it you need to shed, loosen, get over and release so you can go on in the brightness of the life you've been given to live?"

There are many more ways to communicate than with words, as I often remark about (and to) my cat MaChree, who is one of the most effective communicators I know without using a single word. The birches are just as effective, throwing their wordless questions and shining statements into the winter air.

try this: Find a stand of birches. Notice everything you can about them. Listen to what they may be saying to you.



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Reflections from SoulWinds

by Brenda Pedigrew

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THE FOOTBATH OF ALL FOOTBATHS

Nestled back on picturesque Barry Line, close to the hamlet of West Guilford, sits Lady Esther Esthetics Day Spa and Bed and Breakfast. Inside the house and up the stairs is a Body Balance System Unit called the Ionic Foot Cleanse.

This unit is used with startling results to draw toxins from the body through the 2000 sweat glands in the foot. During the footbath, you can see the cleansing process take place as the mineral and salt in the water interact with toxins that are drawn out of the body. The color that the water changes to indicates which organs and systems have been cleansed.

Darlene McConnell, Certified Esthetician and owner of Lady Esther Spa, acquired the unit in the fall of 2006. Word of this new treatment in Haliburton County spread rapidly and has resulted in Darlene giving fifty-some treatments already. Results have been meticulously written down and include such successes as freedom from pain in the hip, help with diabetes, "freezing cold" knees, much improved, relief from shingles pain that had lingered for years, pain in knee 50% gone, pain above liver dissipated, pain in shoulder better and could now exercise it, foot and hip moved freely, improved bowel movements and urination and more energy - fatigue had gone. These improvements have been after a few treatments. Some people have had results after the first session such as pain in the toe that disappeared, "gouty" ankle symptoms gone and permanent relief from arthritic knee pain.

The previous results were strictly from treatments done by Darlene. Ionic foot cleansing has also been shown to be effective in reducing menopause symptoms, menstrual cramps, skin problems, sleep disorders, stress, wrinkles, yeast infections, joint problems, and a number of other chronic symptoms. Darlene stresses that this system is not a cure-all but rather takes toxins out of the body to help the body heal itself.



By Sherrill Sherwood

The Ionic Foot Cleanse is described as working this way; AC electricity is converted to low power DC electricity. This passes through a patented electrode system that sits in the footbath. The electricity and the metal combine to split the water molecule into H+ and OH- ions. The ions go through the body and neutralize oppositely charged particles. Depending upon the chemical composition of the impurities stored in the body, whether they are positively charged or negatively charged, they will be attracted to either the negative or positive ions. Osmotic pressure pulls those neutralized particles out of the body through the sweat glands in the feet when they are immersed in the footbath.

The human body is like a giant magnet that attracts and holds on to toxins. Heavy metals and an array of other toxins attach themselves in ionized form to joints, organs, arteries, nerves and tissues, disrupting their function. This creates an

environment for disease, allergies and immune system breakdowns. One of the most common toxins is lead, found in water, paint, cigarettes, cosmetics, some pesticides and foods such as meats, garden fruits and grains. Nickel is in car exhaust, cigarette smoke and industrial waste. Mercury can be found in dental fillings, shellfish, large fish, paints, tattoo dyes and ceramics.

Footbath Cont'd... pg. 51...

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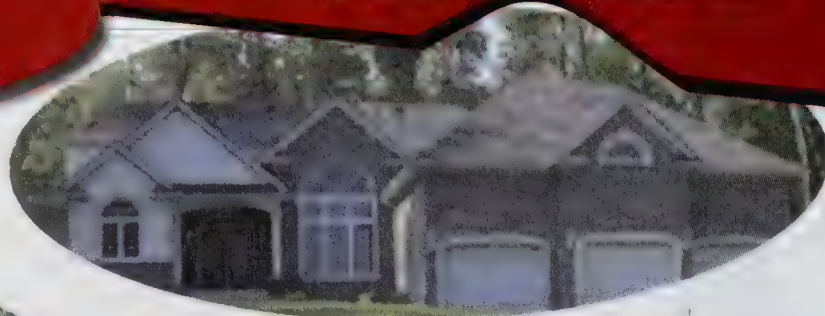


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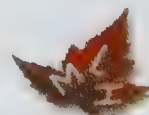
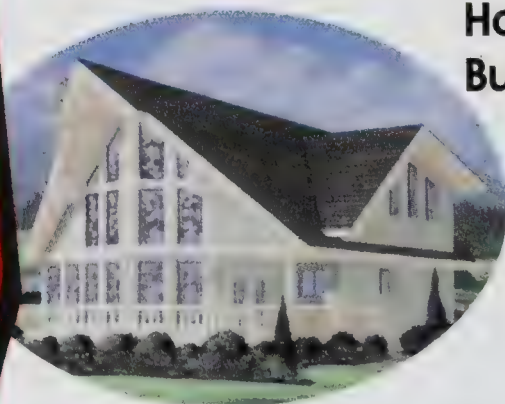
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Footbath Story cont'd....

... from pg. 48

Within the human body, there are energy channels know as meridians. The meridians provide a pathway for energy to flow to or from a particular organ such as your liver or kidney. These pathways begin or end at points on the feet or hands. As believed in reflexology, each foot is a conduit, a channel, through which your body attempts to rid itself of toxins and heavy metals built up in the body. Darlene says sometimes people will get tingling in certain spots on their feet when they are immersed in the footbath and it often has to do with that person's ailment. A reflexology chart in the spa showed

exactly what points of the feet correspond to the positions in the body.

The original Ionic Foot Soak was designed by Bob Moroney, an American who had been diagnosed with lung cancer in 1982. A search for a life transformation led Bob to dietary modification, extensive total body detoxification involving colonics and a number of herbal formulations. Finding the detoxification process physically taxing, Bob expanded on a primitive ionization technology from Australia that enabled the body to deal more effectively with ridding the body of the toxins the herbal and homeopathic remedies were releasing into the blood stream.

Darlene recommends an initial series of 5 or 10 cleanses to get the majority of toxins out and then treatment once a month. A person doing a series may see different results every cleanse. For example, the water color may show toxins coming from the liver one time and the next time from the joints. Since the system draws good minerals out as well as bad, a multi-mineral supplement is recommended or cramping and aching could occur. It is not recommended that people with any open abrasion on the foot, a heart pace maker, organ transplants, epilepsy, or pregnant women use this system.

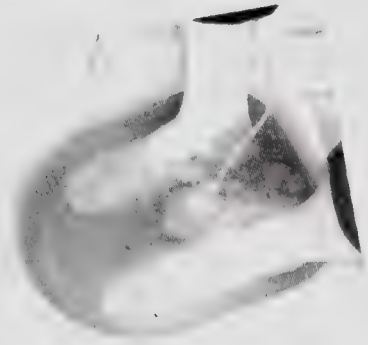
Settled back in comfortable rocking chairs in a beautiful, peaceful room overlooking field and forest, my husband Dave and I watched as Darlene filled the footbath tub with water from her tap. With the water from her well being partially hard, this fulfills the requirement of the water needing minerals in it. A small amount of Himalyan salt is added. A table sits beside the rocking chair with the Body Balance System - Professional Unit on it and a large glass of water to drink to help move the toxins out. Darlene plugs the unit into the water filled footbath and guides my feet into the warm, slightly bubbling water. The unit is set for 35 minutes and displays how many minutes until finished, voltage and current, reminders to drink lots of water, to sit back and relax and that "everything is OK". After about 18 minutes, scuzzies had formed and floated to the surface of the water. Black strands of film indicated heavy metals were being pulled from my body through my feet, orange material showed I was detoxifying from my joints, yellow-green indicated toxins from my bladder/kidney area and white foam joined in showing the lymphatic system was being cleansed. These colors and floating material increased so that when 35 minutes were up, my feet looked like they were sitting in a small septic tank. The water had a slight metallic smell. Darlene says that the smell can be quite dramatic and can sometimes be strong from 6 feet away. I was very thirsty and felt "wide awake" within half an hour of the treatment.

Dave, after seeing the mess that came out of me and stating that he thought I should sleep in a different bed than him that night, took off his socks for his cleanse. Although he claims mine was worse, Dave's water

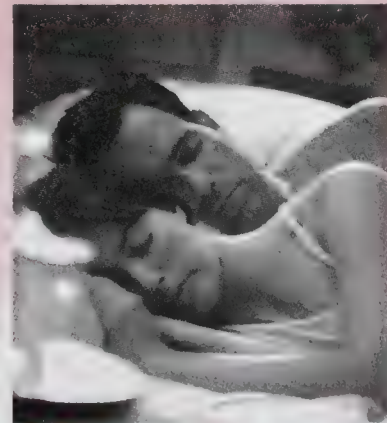
also showed a chemical reaction to toxins drawn from his body in the form of orange curds and black strands. There was also a brown color, indicating toxins drawn from his liver. His water had a stronger chlorine/metallic smell than mine. Dave was tired in contrast to my alertness. Darlene's gloved hands removed our feet in such a way that we didn't have a "septic ring" around our ankles and they were dried with paper towels.

There are other colors that appear in the water in different cases. Black water means detoxifying from the liver, dark green from the gallbladder, red flecks are blood clot material, yellow-green can also be from the prostate and white cheese-like particles are most likely yeast. Some of the color changes are from the water itself. Darlene tried the system just with her water, no feet in it, and after 35 minutes it turned a bit of yellow-green and had some black specks.

After working in a bank for 26 years, Darlene searched for the right answer to her quest for an occupation that would help people and that she would enjoy. After working, studying and training to be a Certified Esthetician, Darlene opened up her Day Spa in her home. This new Ionic Foot Cleanse treatment adds a new dimension to her already thriving business. Darlene can be reached at 754-3034, or dmccconnell@halhinet.on.ca.



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Church Events

Maplefest

Saturday March 31 - Lochlin United church

9 a.m. - 1 p.m. "All You Can Eat" Pancake / Sausage Brunch and Bake Sale - Lochlin United Church, Lochlin Road off County Road 1. The best deal in town. "Real Haliburton Maple Syrup" (of course!!)
Adults \$6 - Children under 12 - \$3.00 Preschoolers Free

Bake Sale - Saturday, March 31

Gooderham United Church & Wilberforce United Church

Tired of being locked down from the winter? Looking for excitement? There's something in it for the whole family. For Dad baked goods & for Mom and entire assortment of crafts, and light refreshments for the kids. Saturday, March 31, 2007- Gooderham United Church located on 503 near 507. If for any reason you miss the sale, on Saturday April 7, 2007 Wilberforce United Church repeats the action.

United Church of Canada - Highland Hills Pastoral Charge

ZION 9 a.m. MAPLE LAKE 10 a.m. MINDEN 11 a.m.

Holy Week Services

Palm Sunday, April 1 -

Sunday Services (Communion)

Maundy Thursday, April 5

Service 7:30 p.m. Minden United Church

Good Friday, April 6

Choral Good Friday Service (Combined Choirs of Zion and Haliburton United Churches) 9 a.m. Zion United Church, Camarvon 11:15 a.m. Haliburton United Church

Easter Sunday, April 8

Sunrise Service - 6:30 a.m. at 12 Mile Lake Church and Easter worship services at regular times.

For more information call - 286-1470 <http://home.interhop.net/highhills> Email: highhills@interhop.net

Fenelon Falls United Church

Sunday, April 1st: Palm Sunday Service, all ages family worship at 11:00 a.m. followed by coffee and conversation.

Thursday, April 5th: Maundy Thursday Communion Service at 7:00 p.m.

Friday, April 6th: Good Friday Worship Service at 11:00 a.m.

*Good Friday All-Day Youth Program: 10:00 a.m. to 3:00 p.m.

Sunday, April 8th: 8:00 a.m. Easter Sunrise Service and breakfast at Shiloh Christian Centre.

Sunday, April 8th: 11:00 a.m. Worship Service at Fenelon Falls United Church.

On Good Friday, April 6th from 10 a.m. to 3 p.m., young people are invited to learn the Easter Story, play games, have lunch, snacks and even cake and ice cream! The Reverend Michelle Brotherton holds weekly after school programs for Kids for Christ and Big Kids for Christ, and wants all young people who are interested to join them for this special Good Friday program. The Good Friday Youth Program is open to young people ages Junior Kindergarten to early teens, and should be an interesting day with Rev. Michelle. Cost is \$5 per child or \$15 per family with 3 or more children, including lunch and snacks. Please call the Church office at 887.3040 to pre-register by Wednesday, April 4th.



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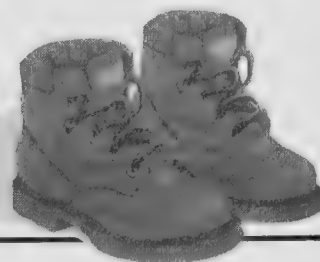
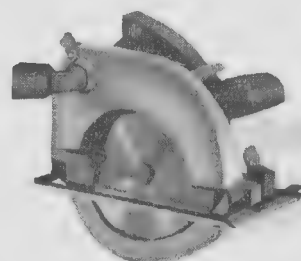
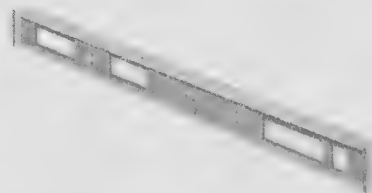
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**UNDER
CONSTRUCTION**





Who Dun-it??

You Be The Detective...

Detective Minden's radio went off while he was coming through the drive through at Tim Hortons.

"There's been a suspicious death in Lochlin Sir, probably a suicide. Can you make it over now?" said the voice of constable Gelert. "Yes, I'll be right there." replied Minden.

Half an hour later the two were standing in the garage of Henry Heckler, a local real estate agent. Mr Heckler was dead, seated behind the wheel of his Ford Explorer. "The body was found by Mrs. Heckler around 6 pm when she arrived home from work. She was overcome by exhaust fumes when she opened the garage door. She left the garage door open and turned off the truck. She called the police right away detective." said Gelert. "The medical examiner says there is overwhelming evidence that the death was caused by asphyxiation. Seems right, although we did find these in the inside pocket of his jacket," said Gelert as he handed Minden a plastic bag which contained a prescription pill bottle. Minden opened the bottle and looked inside. It was half full of large pink lozenges. "A prescription anti-depressant, that was only filled

yesterday, with only one pill per day prescribed, yet the bottle is half empty," remarked Minden. "Could these pills have killed him?"

"No, they couldn't have," replied the medical examiner. "However if he'd taken half of them, he would have been unconscious within 15 seconds."

"But why would he take these if he planned on asphyxiation anyway which is painless?"

"He may have done them just as he began to start the car in order to knock himself out before he lost his nerve. I've seen it before in suicides," replied the examiner.

"Gelert, what else was found in the car?" asked Minden.

"Nothing unusual sir. Just a bag of Doritos, an ice scraper, the registration and insurance papers and a clipboard."

"Has a suicide note turned up yet?" inquired Minden.

"Not yet sir, but we're still checking the house."

"How much gas was in the tank Gelert?"

"Plenty sir. More than enough." replied Gelert.

"Ok, thanks. Tell Mrs Heckler that I'll come in and see her soon."

Minden paused, scratched his head and stared at the pills again.

"Looks like this is a simple case of suicide sir," said Gelert.

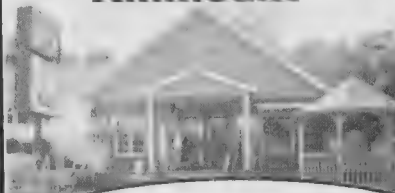
"I don't think so Gelert. Though I can't be certain, I believe this to be a case of murder."

Why does Detective Minden suspect murder?

For answer see pg. 56...

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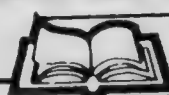
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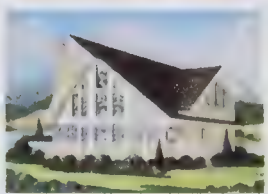


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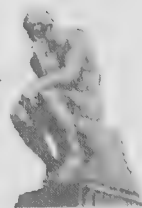
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Have You Ever Wondered *Why is it that...*



Can one side of a duck's brain sleep while the other half is awake?

**Is it true that
ducks can
have one side
of their brain
sleep while
the other side
remains
awake? And
can humans
learn to do
the same
thing?**

I can see where this would be a handy skill. Unfortunately, unless your ancestors include birds or aquatic mammals, you're not going to come by it naturally. One might try slicing one's brain down the middle, thereby permitting the left and right hemispheres to operate independently, which has been done experimentally. But I cannot in good conscience recommend this. So you're stuck with No-Doz for now.

Birds and aquatic mammals are capable of uni-hemispheric slow-wave sleep (USWS), which means they can sleep with one eye open and one hemisphere of the brain awake. USWS helps dozing aquatic mammals such as dolphins keep breathing, presumably by permitting them to surface once in a while. It also lets sleeping birds keep an eye out for predators—literally.

This was demonstrated in an experiment reported in *Nature*. Neils C. Rattenborg, a graduate student in the department of life sciences at Indiana State University, lined up four groups of four mallards. (Yes, he got his ducks in a row.) Then he videotaped the birds while they slept. He found that those on the ends of the rows—those more exposed to predators—had two and a half times as much USWS as the birds in the middle of the group. A bird on the end kept its outer eye (the one facing away from the group) open

86 percent of the time, whereas birds in the middle kept it open only 53 percent of the time. Brain-wave tests confirmed that half the brain slept and half was in a "quiet waking state," alert enough for the duck to escape should danger threaten—and, who knows, maybe scrape together an answer if called on in Western Civ.



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Fact: A popular urban legend concerning ducks is, "a duck's quack doesn't echo." This is not true, and a team from the University of Salford proved it. So there!

Who Dun It Answer... from pg. 54

Answer: If Heckler was committing suicide, he probably would have taken the pills soon before succumbing to asphyxiation. Since the pills took effect so quickly, he would have had to be sitting in his truck when he took them. The pills were so large that he would have needed a liquid to take them with, yet no beverage container was found in the car.

Provincial Public Education Campaign Coming To The City Of Kawartha Lakes & Haliburton

Neighbours Friends and Families program is a public education campaigns aimed at providing information and direction to those members of our community who may have a family member, friend or co-worker who is experiencing an abusive relationship.

The Kawartha Lakes & Haliburton Domestic Violence Coordinating Committee is made up of agencies from the justice, health and social service sectors that provide services to victims of domestic violence, sexual assault and elder abuse in the City of Kawartha Lakes and Haliburton.

With Community Care as its lead agency the KLHDVCC has been successful in its grant application to the Ministry of the Attorney General's Ontario Victim Services Secretariat to implement two programs. One program will support a Rural Victims Transportation Network and the second is to implement the Neighbours, Friends and Families provincial initiative.

The Neighbours Friends and Families program is a public education campaigns aimed at providing information and direction to those members of our community who may have a family member, friend or co-worker who is experiencing an abusive relationship. It includes safety planning, how to talk to the person experiencing abuse, who they can call, and how to talk to abusive men. See www.neighboursfriendsandfamilies.ca for more information.

The provincial facilitators are coming to Lindsay on Tuesday March 20th from 9-12 to present this program to the committee and to members of the press. We will be following up with more details about the program following the meeting in Lindsay.

Spot Sam The Advertising Man for Your Chance to Win **\$100!**



How would you like to win \$100? Well it's easy with the Communicator!

Just read all the ads and keep an eye out for Sam - The Advertising Man. We will be hiding a few Sams in various ads throughout the publication, so look for more than one.

Once you think you have found all the Sams you can, write down how many you spotted, in what ads, the publication date, your name, address and telephone number, and mail them, email them or fax them to the Highlands Communicator.

The first correct answer pulled from entries received wins \$100! It's that easy and it's fun too!

There were 6 sams in the last issue. They were hidden in the following ads: Teddy Time, Highland Leisure, Minden Home Hardware, Fleming College, Tri County Distributors, Lakeview Motel

The winner of the Spot Sam Contest is: Cheryl Perry of Haliburton

Statistics *Did you know...*

A ladies' wrist watch would run for more than 100 years on the amount of energy required to operate one 25-watt electric light for one hour.

Learn A



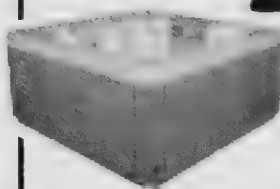
Word

Orotund

\or-e-tend\adj 1: marked by fullness, strength and clarity of sound: sonorous *2: pompous, bombastic.

Josh cleared his throat dramatically, and then did a dead-on impression of Professor Strand's orotund, patronizing speech.

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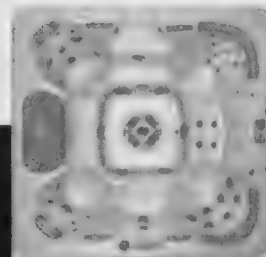
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A Digital Camera and Genealogy... A Great Pair!!

What does digital photography and genealogy have in common? Well, to find out you really must attend the upcoming Haliburton Highlands Genealogy Group – everyone is welcome – and the special guest speaker is Mike Dunk whose topic is none other than “Digital Photography & Genealogy”

Mike has a great slide presentation with impressive “before” and “after” examples of what can be done. Did you know digital cameras can be used to copy documents? Enhance genealogical documents? Did you know you can crop/extract portions of digital images? Or add identification elements to digital images? Some information is technical, some is simple – whatever your level of experience with digital, there will be something here for you.

The meeting is being held Wednesday, April 11th in the Common Room of the Minden Hills Cultural Centre, Minden (enter by the rear door). Doors open at 6pm, speaker at 7pm. Remember – if you have a digital camera or are thinking about buying a digital camera and will use it for genealogy, this meeting is a “must”. Visitors welcome – no charge. For information call Gail Leach-Wunker 705-286-2225

Bad Predictions

Can I Take That Back Now....

“The paper is nothing but nonsense, unfit even for reading before the Society.”

- A member of the Royal Society commenting on J. Waterson's paper which developed the foundations of the kinetic theory of gases and thermodynamics.



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Scampering Along the White Trail

with Marci Mandel



Nature All Life

I was at Shamanic Journeying and Sweat Lodge workshop and a young woman was telling me about her emotionally abusive husband. I listened and asked questions hoping to prompt her to think about things in a different way. She carried on and on about her grief and there came a point when I ran out of questions and then couldn't listen anymore and walked away. Later, in the sweat lodge, as we were going around the circle and stating what we wanted to let go of, she said she wanted to let go of self-hatred.

I was totally shattered when I heard that. What a fool I had been. Immediately I realized what I had done, and when it was my turn, I vowed to let go of the need to analyze everything. This woman didn't need me to help her understand what to do. She knew. What she needed from me was a shoulder to cry on and a friend to hold her close and tell her she was loved - she was so beautifully lovable.

There are rarely easy solutions to life's problems, but there can always be welcoming arms. She was in deep pain, and I walked away from her because I didn't have an answer for her. Part of me felt inadequate for not knowing how to help, part of me felt superior for having figured out my life, yet none of me felt at ease in my own skin. All I could do was let the magic of the sweat lodge readjust me back to my centre.

"When you feel confused," offered the leader, "sing, dance or chant. That's what the elders taught me. Me, I'm just a baby. What do I know? But the elders - including the earth, the stone people, the tree people - they know. Sing, dance or chant and they will hear you." And so I sang, cried and sweated and in the cleansing found my place of peace again. Before she left, I gave the young woman a big heart-felt hug and my email address.

What I've come to know is that my time for analyzing is over. It's helped me get where I am today but no longer serves me. We are in a time of crisis in our planet, in our culture, in our community and in our homes. What more do we need to understand? The answer has been laid out before us already by philosophers, scientists, artists, theologians, mothers and fathers and it is: **respect and nurture all life.** That's it. It's that simple. Before we can do that, however, we need to help each other let go of the barriers that prevent us from being who we were born to be. The grief, the self-hatred, the fear, the anger, the pain: let's hold each

others' hands and help each other let it all go so we can get on with being who we were born to be.

Last time, I wrote about having to find a new home for my giant puppy. There was something inside me saying I was trying to whittle a square peg to make it fit into a round hole, and that just didn't feel right with me. Here's an edited letter we got back from his breeder:

Amik is doing great. He has been introduced to all of the alpacas and my other dogs and he loves to be around them. I think you may have been right about him needing to be around other animals in a working environment.

I have him running loose outside with me when I am out there and he is listening well. He has not growled yet at us or the other dogs, and my one shih Tzu (all of 6 lbs) plays endlessly with Amik and she can get really annoying jumping and such, but Amik loves her and just rolls over to play with her. He is very gentle with her.

All doubts were released when I read that. Amik was freed and so was I.

There are others in this community who know of the all-embracing love of which I write. For instance, Janice Crawford, of Jan's Hair Affair, was diagnosed with cancer in November and had to give up her livelihood in order fight back. Her friends and family saw that she was

wasting precious energy worrying about her finances so set up an account to accept funds. Many of Janice's customers responded and that has tremendously lifted her spirits. The rounds of chemotherapy aren't as lonely knowing others are encouraging her on.

It doesn't matter what we have or what we know; it only matters that we respect and nurture all life. We can always offer patience, kindness and a hot drink, and that's what aching hearts truly want...a shoulder to cry on, someone to witness the tears and the hope that comes from such caring.

The Highlands Communicator was created to generate good news, so if you have any stories you'd like to share about people whom you've helped or how you have been helped by others, please send them to me and I will include some in my upcoming columns, which will henceforth be called Dancing Along the White Trail.

Janice Crawford benevolent fund: TD Branch 3042,
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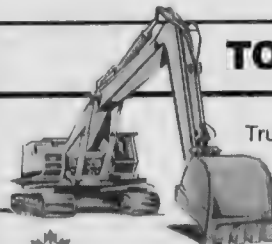
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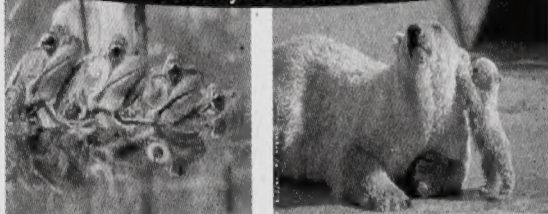
Frank Zamboni

It's fact ... Frank Zamboni wanted to call his company The Paramount Engineering Company, after the city he helped name, but that name had been taken. So he named the company after himself, knowing there could be no disputing a name that belonged to him. Good thing — can you imagine someone shouting, "Look, here comes the Paramount!"?

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We stress that this is a "Just for Fun" Contest for school aged children; however, Rules and Regulations can be obtained from the Township of Minden Hills website www.minden.on.ca or can be picked up at the Township office, 7 Milne Street, Minden, Ontario. All entries should be addressed to "Just for Fun" Photo Contest, 7 Milne Street, Minden, Ontario K0M 2K0 and should include the full name of the student and contact information of the parent(s). Pictures will be numbered on the back, corresponding to the student information to be held in the Township Office. All pictures (or the first 100) will be displayed at the Minden Hills Canada Day Celebrations and judged that morning. If you require the pictures back, please include a self-addressed, stamped envelope. Prizes will be awarded, announced during the Canada Day, and any prizes not claimed that day can be claimed at the Township office after July 1st, 2007 (up to a period of one month).



Today, the name **Zamboni** is widely recognized by hockey fans and skaters. "If our name had been Smith or Brown, I don't think any of this would have happened," Richard Zamboni, president of Frank Zamboni, Inc., once said. "It's kind of a screwball name."

There's such a uniqueness to it, the machine kind of took on a character of its own. My father was always surprised at that." Richard's father was

Frank Zamboni, the son of Italian immigrants. He was raised in Utah, and at age 21 moved to California to seek his fortune in the ice business. There was a time, of course, when people did not have refrigerators. Instead, they had ice boxes, which kept food cold with a block of ice. Frank Zamboni supplied the ice blocks.

By the late 1930s however, ice boxes were slowly being replaced by home refrigerators. With his life savings tied up in refrigeration equipment, Zamboni decided to build an ice rink. His least favorite task as ice rink manager was resurfacing the ice. This was accomplished with a planer pulled by a tractor. The planer would level the ice and the shavings were then swept off manually. Next the ice was washed by a large hose, and smoothed with a squeegee -. The task would take an hour and a half. So Zamboni went to work on a machine to make the task easier.

After ten years of less successful models, Zamboni rolled out his first workable resurfer in 1949. The machine was spotted by skating champ Sonja Henie, who ordered one for her ice show. Her use of the machine popularized it in the United States and helped make the unlikely moniker Zamboni a household word.

About Frank:

Frank J. Zamboni was born on January 16, 1901 in Eureka, Utah. Frank's parents moved their family (with one year old Frank in tow) from Eureka to a farm in Idaho, where Frank developed his mechanical skills.



In 1920, Frank moved to Southern California with his brother Lawrence to join their older brother George in his auto repair business. After a short time tinkering on cars, the two younger Zambonis decided to open an electrical service business catering to the local dairy industry and their ice business.

Once that fizzled, opportunity came in the sport of ice skating. Popularity of the sport was growing, but there were few rinks in Southern California, so in 1939 Frank, Lawrence, and a cousin built Iceland Skating Rink in Paramount. (The rink still operates today just blocks from the Zamboni® factory. In fact, it's not unusual to see Zamboni ice resurfacers driving down the neighborhood streets on their way to be tested at Iceland.)

Iceland opened in 1940 as one of the largest rinks in the country, with 20,000 sq. ft. of iced surface — that's enough room for 800 skaters. The original rink was an open-air facility. But the brothers soon learned that, with the intense Southern California sun and dry desert winds, the quality of their ice sheet was less than adequate, so they covered it with a domed roof. The challenge now was to maintain this much-improved indoor surface — and the rest, they say, is history.



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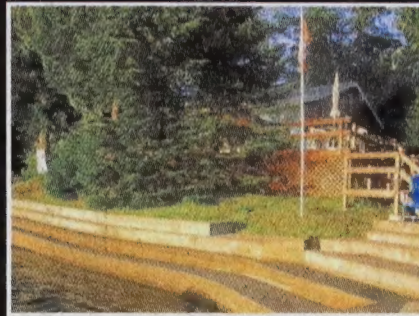
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